# Mater for a LEISURE & EDUCATION OPPORTUNITIES



WATERFORD SCHOOL DISTRICT
WATERFORD COMMUNITY EDUCATION
WATERFORD SENIOR CENTER • WATERFORD LIBRARY

# Waterford School District Kindergarten Orientation and Expo

Monday, January 11, 2016\* | 6:00pm Expo | 6:30pm Orientation Kettering High School Performing Arts Center 2800 Kettering Drive, Waterford

\*alternate inclement weather date is Tuesday, January 12, 2016

Join us for this informational meeting where District administrators will provide an overview of the kindergarten curriculum and a student's typical day. There will be plenty of opportunity to enjoy our expowhere information about District programming and services will be shared. This is a meeting for parents who will have a child entering kindergarten in Fall 2016.

Children must be five years old by
September 1, 2016 to enroll in kindergarten. If your child
is not five years old on September 1, 2016 but will be 5 years old no later than
December 1, 2016, you may enroll your child in
kindergarten for the 2016-2017 school year. Parents must complete a Kindergarten Age
Notification Waiver which is available at Central Enrollment.

Kindergarten enrollment is happening now. Please contact Central Enrollment at 248.681,2076 between 8:00 a.m.—4:00 p.m. for more information.

Attend the meeting and receive a FREE gift for your child!



Inspire EDUCATE Empower!



# Welcome to the Waterford Leisure and Education Opportunities Brochure for Winter-Spring 2016!

# Table of Contents

COMMUNITY EDUCATION ....... 6-32

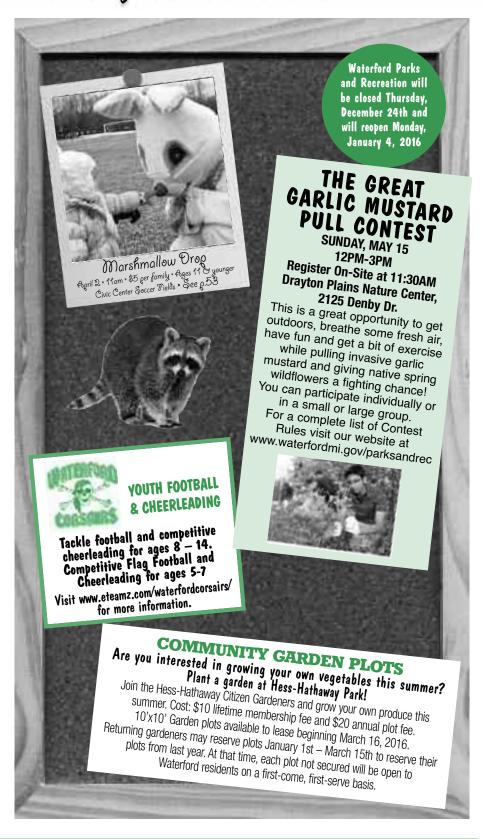
Art
Cartoon Workshop K-56
Sports
Running Club – Grades 3 – 5 6
Pickle Ball Drop-In Play7
Open Gym Basketball7
Individual & Small Group Basketball
& Fitness Training MS & HS 7
After School Golf7
Tennis Instruction: Little Stars
Tennis Instruction: Youth Learn to Play .8
Tennis Instruction: Adult Beginner 8
Learn to Skate: Snow Plow Sam8
Learn to Skate: Basic I 9
Learn to Play Hockey9
Creative Arts
Just Once Guitar for Busy People 10
Watercolor for Everyone 10
Watercolor II: The Next Level 10
Drawing for Fun
Advance Creative Drawing
Enrichment
Divorce: What You Need to Know 11
Puppy Training With Total Dog 11
Dog Training With Total Dog11
Self-Defense for Kids11
Self-Defense for Women
Perfect Pierogies
Create an Edible Fresh Fruit Bouquets 12
Buying & Selling On Ebay12
Business & Finance
Putting Your House In Order
Voice-Overs – Now Is Your Time 13
<b>POOL &amp; FITNESS</b> 19-32
Fitness and Health
Massage Therapy 19
Personal Training
Lifeguard Training
The Ultimate Health Pak 20
Circuit
Strength & Balance
Bravo Diving Club
Swim Lessons
Swim Club
Water Aerobics
<b>MAP</b> 28-29
<b>Registration Information</b>
Registration Form 17

PARKS & RECREATION	
Parent/Child Interactive	40
	43
Boogie Babies Paint & Play	43 43
Pint-Sized Picassos	43
Little Learners	43
Tumbling Toddlers Youth Dance & Fitness	43
Youth Dance & Fitness	
Kid Fit	43
Ballet	43
Jazz	43
Тар	44
Mother Daughter Hip Hop	44
Twinkle Toes Tumbling/Gymnastics	44 44
Tumbling/Gymnastics Adv	44
Martial Arts	44
Ferocity Fitness for Kids	44
Youth Sports Classes	• •
Spring Soccer	44
Buddy Soccer	45
Little Kickers	45
Super Saturday Soccer	45
Girls Spring Softball	45
Skyhawk's Wee Tee Ball	45
Summer Ball	45
Skippers Fast Pitch Program Pee Wee Basketball	45 46
K-2 Basketball Clinic	
Sports Starz	
Football Skills Camp	46
Cheerleading	46
Volleyball Skills & Scrimmage	46
Junior Golf Lessons	46
NFL Youth Flag Football	47
Youth Special Interest	
	47
Little Chefs	47
Klever Kreations	47
Lego Challenge: Transportation Lego Challenge: Lego in Motion	47
Wildlife Rescue & Rehabilitation	47
Rockin' Retiles	
Birds of Prey	48
Amazing Amphibians	48
Springtime Water Critters	48
Break Camps	
Spring Break Camps Busy Bodies Break Camp	48
Creative Telept Proof Comp	48
Creative Talent Break Camp	48
Adult Fitness	40
Kickboxing for Women	49
X-Fusion for Women	
Zumba	
Fitness Fusion	49
Pilates	49
Yoga	
Kundalini Yoga	49

Yoga with Ease
Ball Yoga 49
50+ Fitness
Tai Chi for Arthritis50
Adult Dance Clogging
Ballroom & Latin Dance
Swing Into Spring Dance 50
Line & Couples Dance 50  Adult Sports
Adult Softball 51
Golf Lessons 51
Enrichment Gluten Free Baking51
Essential Oils 101 51
Dinner with Desire
50+ Creative Art 51 Boaters Safety 51
ORV Safety 51
Hypnosis51
Farm Animal Care 51 Special Events
Red Wings vs. Avalanche53
Valentine's Daddy Daughter Dance 53
St. Patrick's Mother Son Dance 53 Marshmallow Drop 53
Earth Day Cleanup & Crafts
Sheep Shearing & Pancake Breakfast 53
Princess Party
Registration Information 41
Registration Form
Rental Information 56
WATERFORD COMMUNITY
BULLETIN BOARD2-4
WATERFORD LIBRARY 33-37
<b>WATERFORD SENIOR CENTER</b> 38-40

Waterford Leisure &
Education Opportunities
December 2015
Volume 9, Issue 1
Published in April, August,
and December
Published by
Waterford School District
501 N. Cass Lake Road,
Waterford, MI 48328-2307

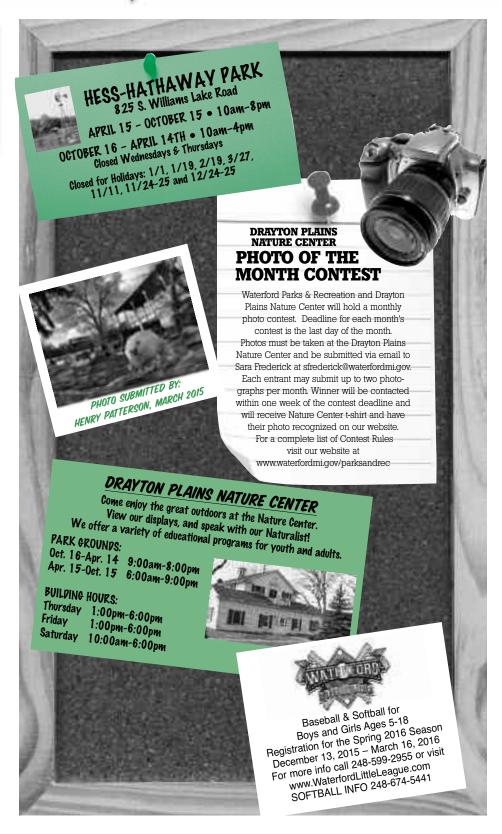
# Community Bulletin Board



# Community Bulletin Board



# Community Bulletin Board



# Message To The Community

Happy New Year! Start the new year off right by achieving your goals and enroll in classes that will enhance your future. We welcome you to take a look at the variety of classes available through Waterford School District's Community Education Program. Learn a new skill, adopt a healthier life style, or take a class for fun! A variety of enrichment classes are offered for adults and children.

To access information about current classes and programs, visit www.wsdmi.org/learn. You can browse available classes or be the first in line to register! Do you have a hobby or passion that you would like to share with the community? Information on teaching community education classes is also available at www.waterford.k12.mi.us/communityeducation. We maintain a solid set of traditionally successful classes while continually researching and developing new offerings.

As you ring in the New Year, join the thousands of individuals that have enrolled in community education classes through the Waterford School District. We look forward to seeing you in our classrooms, gymnasiums, and pool and fitness centers!

Rhonda Lessel, Associate Director School and Community Services

# WATERFORD SCHOOL DISTRICT COMMUNITY EDUCATION SERVICES

# **ADMINISTRATION**

### **VISION STATEMENT**

Inspire, educate, and empower our students for their future!

### **BOARD OF EDUCATION MEMBERS**

Heather Halls John Himmelspach John Paul Torres Robert Petrusha, Jr.

Bob Piggott Robert Seeterlin Joan Sutherland



# Δrt

# CARTOON WORKSHOP – GRADE K-5

Instructor: Neal Levin

Students learn to draw characters and create cartoons—even if a beginner—with simple instruction and games! Included in the fee are all materials and a booklet to take home. This class is revised each year. A registration flyer will be sent home with students 3 weeks prior to the workshop.

3612.001 1/22/16	Fri	1 session
4:00-5:30 pm	\$18	Beaumont
3612.002 2/01/16	Mon	1 session
4:00-5:30 pm	\$18	Knudsen
3612.003 2/23/16	Tue	1 session
4:00-5:30 pm	\$18	Haviland
3612.004 2/24/16	Wed	1 session
4:00-5:30 pm	\$18	Schoolcraft
3612.005 4/29/16	Fri	1 session
4:00-5:30 pm	\$18	Houghton
3612.006 5/02/16	Mon	1 session
4:00-5:30 pm	\$18	Grayson



# **Sports**

# RUNNING CLUB Grades 3-5

The running club is designed to introduce your child to the joy of running with a group of peers in a supervised, constructive format. Participants will follow a 6 week training program that will culminate in a 1 mile fun run Waterford Mott track on Wednesday, June 1, 5pm. Participants may purchase a club t-shirt from the coach for \$5.

3618.0014/27/16 4:00-5:15 pm 3618.0024/27/16 4:00-5:15 pm 3618.0034/27/16 4:00-5:15 pm 3618.0044/27/16 4:00-5:15 pm 3618.0054/27/16 4:00-5:15 pm 3618.0064/27/16 4:00-5:15 pm 3618.0074/27/16 4:00-5:15 pm	Wed \$30 Wed \$30 Wed \$30 Wed \$30 Wed \$30 Wed \$30 Wed \$30	6 sessions Beaumont 6 sessions Cooley 6 sessions Donelson Hills 6 sessions Grayson 6 sessions Haviland 6 sessions Houghton 6 sessions Knudsen
		•



### PICKLE BALL DROP IN PLAY

If you prefer variety in your activities or if your schedule varies weekly, the Pickle Ball Drop-in sessions are for you! Just check in at the front desk at the Crary Campus and join in the fun. Beginners are welcomed! Please wear court shoes. NOTE: Drop-in sessions will not run during schedule school breaks or other days when school is not in session.

#0000.000 Ongoing 1:00-4:00pm

Thurs \$4 Crary Campus



### OPEN GYM BASKETBALL

Middle & High School Boys and Girls Instructor: Dave Smith and Don Allen, PlavAllBasketball

PlayAllBasketball (PAB) coaches teach advanced basketball concepts during structured open gym sessions. Participants improve shooting, dribbling, passing, rebounding and techniques in offense and defense. PlayAllBasketball coaches emphasize teamwork, respect, discipline and responsibility. Sessions are on-going.

Visit www.playallbasketball.net for current times and locations \$5 per session

# INDIVIDUAL & SMALL GROUP BASKETBALL & FITNESS TRAINING

Middle & High School Boys and Girls Instructor: Dave Smith and Don Allen, PlayAllBasketball

PlayAllBasketball (PAB) provides individual and small group basketball and fitness training for elite and developing athletes. Experienced instructors guide athletes through speed, skill and strength drills to improve confidence and athletic performance. Sessions are on-going. Visit www.playallbasketball.net for current times \$30 per session

# AFTER SCHOOL GOLF Ages 14+

Instructor: Bob Ackerman, PGA Master Professional

This program is for high school students who are interested in learning golf or improving on what they already know. Taught by PGA Master Professional. Range balls must be purchased by each participant from Oakland Yard each session at a cost of \$12. Students need to bring clubs and shoes

3618.010 2/3/16 Wed 7 sessions 3:00-4:00pm \$180 Oakland Yard Athletics 3618.019 2/5/16 Fri 7 sessions 3:00-4:00pm \$180 Oakland Yard Athletics

# TENNIS INSTRUCTION LITTLE STARS Ages 4-6

Instructor: Dan Madden

Fast, fun, and friendly games and drills will be utilized to develop your child's footwork and hand-eye coordination. Volleys, ground strokes, movement, and balance skills will be introduced. No racquet, no problem. Loaners are available. Students should bring water and tennis shoes. In the event of inclement weather class will be held at the Crary Campus.

3618.011 1/19/16 5:00-5:30pm 3618.012 2/23/16 5:00-5:30pm 3618.013 4/13/16 5:00-5:30pm \$44 Tues 3 sessions \$44 Crary Campus Tues 3 sessions \$44 Crary Campus Wed 3 sessions Pierce Tennis Complex



# TENNIS INSTRUCTION YOUTH LEARN TO PLAY Ages 7-15

Instructor: Dan Madden, Kettering Head Coach Develop and improve ground strokes, volleys, serves, overheads, and more. We'll cover rules, basic strategy, and court etiquette. Expect fast moving drills, friendly competitive games, and match play. Students need to bring racquet (loaners are available), water, and tennis shoes. In the event of inclement weather class will be held at the Crary Campus.

3618.014 1/19/16 5:30-6:30pm 3618.015 2/23/16 5:30-6:30pm 3618.016 4/13/16 5:30-6:30pm Tues 3 sessions \$56 Crary Campus Tues 3 sessions \$56 Crary Campus Weds 3 sessions \$56 Pierce Tennis Complex



# TENNIS INSTRUCTION ADULT/BEGINNER LEARN TO PLAY Ages 15+

Instructor: Dan Madden, Kettering Head Coach This program is for those with limited or no tennis experience. A great way to get started the right way with proper stroke mechanics. We'll cover serves, volleys, ground strokes, rules, court etiquette and more. No racquet, no problem. Loaners are available. Students should bring water and tennis shoes. In the event of inclement weather class will be held at the Crary Campus.

3618.017 2/23/16 6:30-7:45pm 3618.018 4/13/16 6:30-7:45pm Tues 3 sessions \$56 Crary Campus Wed 3 sessions \$56 Pierce Tennis Complex

# LEARN TO SKATE – SNOW PLOW SAM (SPS) Ages 3-4

Instructor: Lakeland Arena, 7330 Highland Road, Waterford

This program offers group instruction for the very young child to get used to the ice. It is appropriate for both figure skaters and hockey players. Time on the ice will be 30 minutes. Snow Plow Sam skaters are required to wear helmets (bike or hockey helmets work well). Skaters must provide their own helmets. Skates must be single blades; rentals are available. Dress warmly and remember gloves or mittens

3513.001 1/07/16 5:20pm-5:50pm 3513.002 1/09/16 9:20am-9:50am 3513.003 2/23/16 5:20pm-5:50pm 3513.004 4/14/16 5:20pm-5:50pm 3513.005 4/16/16 9:20am-9:50am Thurs 7 Sessions \$65Lakeland Arena Sat 7 Sessions \$65Lakeland Arena Tue 6 Sessions \$55Lakeland Arena Thurs 7 Sessions \$65Lakeland Arena Sat 7 Sessions \$65Lakeland Arena

# LEARN TO SKATE – BASIC 1 Ages 5-14

Instructor: Lakeland Arena, 7330 Highland Road, Waterford

Groups are divided by skill level which will teach students proper technique for basic forward and backward skating giving them a good foundation. Skate rentals are available (skates must be single blades). Dress warmly; remember to bring gloves or mittens. Helmets are recommended; bike or hockey helmets work well. (20 minute classes/30 minutes practice time).

3513.006 1/07/16 5:50pm-6:50pm 3513.007 1/09/16 9:50am-10:50am 3513.008 2/23/16 5:50pm-6:50pm 3513.009 4/14/16 5:50pm-6:50pm 3513.010 4/16/16 9:50am-10:50am

Thurs 7 Sessions \$90Lakeland Arena Sat 7 Sessions \$90Lakeland Arena Tue 6 Sessions \$80Lakeland Arena Thurs 7 Sessions \$90Lakeland Arena Sat 7 Sessions \$90Lakeland Arena



# LEARN TO PLAY HOCKEY-LAKELAND ATOMS HOCKEY PROGRAM

Ages 4-14

Instructor: Lakeland Arena

This program is designed to teach children the basics of



hockey skills, skating, stick handling, etc. The classes are taught in a clinic setting and skaters are divided by skill level (determined by coaching staff) with skaters moving to different groups according to their skill level. The class is 50 minutes long and the sessions are 7 or 8 weeks long. The program continues throughout the year. All participants are required to have full ice hockey equipment: hockey helmet with mask, hockey gloves, hockey pants, protective cup, shin pads, shoulder pads, hockey socks (with garter belt), neck guard, skates and stick. Please be aware it usually takes several sessions to move from one skill level to the next.

3513.011 1/05/16 5:20pm-6:10pm \$100 (Once Weekly) 3513.012 1/09/16 9:40am-10:30am \$100 (Once Weekly) 3513.013 1/09/16 10:40am-11:30am \$100 (Once Weekly)

Tue 8 Sessions Ages 4-10 \$180 (Twice Weekly) Sat 8 Sessions Ages 4-10 \$180 (Twice Weekly) Sat 8 Sessions Ages 11-14

ONLY OFFERED ONCE PER WEEK

3513.014 3/01/16 5:20pm-6:10pm \$100 (Once Weekly) 3513.015 3/12/16 9:40am-10:30am \$90 (Once Weekly) 3513.016 3/12/16 10:40am-11:30am \$90 (Once Weekly)

Tue 8 Sessions Ages 4-10 \$180 (Twice Weekly) Sat 7 Sessions Ages 4-10 \$170 (Twice Weekly) Sat 7 Sessions Ages 11-14

ONLY OFFERED ONCE PER WEEK

3513.017 5/03/16 Tue 8 Sessions 5:20pm-6:10pm Ages 4-10

\$100 (Once Weekly)

NOT OFFERED TWICE A WEEK IN MAY

# **Creative Arts**

# JUST ONCE GUITAR FOR BUSY PEOPLE Ages 13+

Instructor: Gary Ashton, IKI Inc.

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a

few hours you can learn

enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons

to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right

away. Bring your acoustic guitar. Class limited to 15 students. For more information go to justonceclasses.com.

Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar,

and basic strumming patterns, how to buy a good guitar (things to avoid), how to play along with simple tunes.

A \$29 material fee for book and DVD will be collected in class.

3614.001 2/08/16 Mon 1 session 6:30-9:00 pm \$30 Crary Campus

# WATERCOLOR FOR EVERYONE Age 16+

Instructor: Cecilia Proulx Phipps
Learn to paint with purely transparent colors to create stunning paintings of flowers, leaves, sunsets and more! No prior experience necessary although painters on all levels are welcome to join the fun! The first class will demonstrate technique and explain supplies needed.

3614.002 1/19/16 6:00-8:30 pm 3614.003 1/21/16 6:00-8:30 pm Tues 9 sessions \$90 Crary Campus Thurs 9 sessions \$90 Crary Campus

# WATERCOLOR II: THE NEXT LEVEL Age 16+

Instructor: Cecilia Proulx Phipps

This class builds on the skills introduced in Watercolor for Everyone and further challenges your creative growth. Sessions will include still-life and work from photos.

3614.004 4/12/16 6:00-8:30 pm 3614.005 4/14/16 6:00-8:30 pm Tues 9 sessions \$60 Crary Campus Thurs 9 sessions \$60 Crary Campus



# DRAWING FOR FUN Age 14+

Instructor: Larry Phipps

Every time you write your name or doodle on a scrap of paper you're drawing and making art. Explore your artistic side in color and black and white. Learn the basics in making good pictures. Supply list provided at the first class. Bring any art supplies you may have and a note pad. This class is for beginners and advanced students.

3614.006 1/27/16 Wed 8 sessions 6:30-8:30 pm \$80 Crary Campus

# ADVANCED CREATIVE DRAWING *NEW!* Age 15+

Instructor: Larry Phipps

This class will focus on sharpening your drawing skills. We will work in several mediums in color and black and white while working on individual projects of your choice.

3614.007 4/13/16 Wed 6 sessions 6:30-8:30 pm \$75 Crary Campus

# **Enrichment**

# DIVORCE: WHAT YOU NEED TO KNOW Age 18+

Instructor: Diane M. Twitty

Are you or someone you know contemplating divorce? This course will provide the information needed to help familiarize you with the legal process of divorce. Child custody, division of assets, alimony and a number of other divorce related topics will also be discussed. Spouse may attend at no additional charge.

3617.001 1/13/16 Wed 1 session 7:00-9:00 pm \$15 Crary Campus

# PUPPY TRAINING WITH TOTAL DOG Dogs 6 months and under, Owners Ages 12+

Instructor: Julie Bennett

You love your new puppy but you may not love all of the behaviors that come with the new puppy! Let us show you how to take your puppy rom "wild child" to having manners. Puppies socialization get (and get tired) and have fun while



learning the basics and more! Your own puppy will amaze you! Julie Bennett is Michigan's only trainer to have hosted and worked with Cesar Milan, National Geographic's The Dog Whisper.

FIRST DAY ONLY: Meet at 9:30am. Dogs 6 months and only need proof of rabies vaccination.

3617.002 1/23/16 Sat 7 sessions 9:00-9:50 am \$110 Crary Campus 3617.003 4/23/16 Sat 7 sessions 9:00-9:50 am \$110 Crary Campus

# DOG TRAINING WITH TOTAL DOG Dogs 6 months and older, Owners Ages 12+

Instructor: Julie Bennett

Does your dog pull on the leash, jump on people, and not come when called? These and many other behaviors can be re-shaped with this fun and informative class. It is the perfect time to let your dog learn great manners and show them off! Basic commands and so much more will be taught. Julie Bennett is Michigan's only trainer to have hosted and worked with Cesar Milan, National Geographic's The Dog Whisper.

FIRST DAY ONLY: Meet at 9:30am. Dogs 6 months and only need proof of rabies vaccination.

3617.004 1/23/16 10:00-10:50 am 3617.110 4/23/16 10:00-10:50 am Sat 7 sessions \$110 Crary Campus Sat 7 sessions \$110 Crary Campus

# SELF-DEFENSE FOR KIDS Ages 6+

Instructor: Live Safe Academy, LLC Have fun and learn to be safe at the same time! Learn real self-defense and practice on an instructor wearing a padded suit. You'll also learn fire safety, how to use 911, stranger awareness, drug resistance, gun accident prevention and more. Cartoons, physical activity, and classroom games are just some of the fun activities in this after school "party". It's an investment into a lifetime of safety.

3617.005 1/14/16 Thurs 6 sessions 3:15-4:15pm \$60 Haviland No class on February 18



# SELF-DEFENSE FOR WOMEN Ages 12+

(18 or younger must be accompanied by a participating adult)

Can you defend yourself against a violent attack? Do you have the knowledge, skill and confidence to defend your family? You don't have to spend years training in an expensive program. Learn simple, lifesaving skills from programs designed to increase your safety and after only one class. Our hands on courses teach time-tested, realistic methods that are easy to learn and remember. Designed to be safe, these courses instill confidence by building on success. You are coached according to your own rate of progression. No previous training required. A great stress relieve and lots of fun.

3617.006 1/27/16 Wed 1 session 6:30-8:30pm \$35 Crary Campus

# PERFECT PIEROGIES Ages 16+

Instructor: Andrea Janssen

In this fun, hands-on class you'll make about 2 dozen fresh and delicious pierogies from scratch overstuffed with fillings YOU get to choose! Learn how to flavor and season your dough and ways to create endless varieties of savory or sweet fillings. Once you've made homemade pierogies you'll never buy store brands again! Send an EMAIL to supplylist@gmail.com or call 586-731-4681 for a list of supplies to bring.

3617.007 3/16/16 Wed 1 session 7:00-9:30pm \$35\* Crary Campus \*No Senior Discount



# CREATE AN EDIBLE FRESH FRUIT BOUQUET *NEW!* Ages 16+

Instructor: Andrea Janssen

Why pay lots of money for these popular edible bouquets when you can make them for a fraction of the cost! It's easy and fun! In this handson class you'll create your very own



fruit bouquet bursting with fresh strawberries, melon crescents, grape towers, and pineapple hearts, all displayed in a lovely, reusable container. Once learned you'll be able to duplicate any fruit bouquet design you see, big or small. Send an EMAIL to supplylist@gmail.com or call 586-731-4681 for a list of supplies to bring.

3617.008 2/15/16 Mon 1 session 7:00-9:30pm \$35\* Crary Campus \*No Senior Discount

# BUYING AND SELLING ON EBAY FOR BEGINNERS *NEW!* Ages 16+

Instructor: Andrea Janssen

Learn what you need to know! Find out how to set up free Ebay and PayPal accounts, procedures for buying and selling items national and internationally, and how to price your items to ensure a profit. We'll cover shipping methods, sending and receiving payments, setting up an Ebay store, how to resolve problems, where to locate wholesale merchandise, and MUCH MORE! Discover how savvy Ebay members sell all kinds of items without having to buy them first! Bring pen and pay for notes.

3617.009 2/22/16 Mon 1 session 6:30-9:30pm \$38\* Crary Campus \*No Senior Discount

# Business & Finance

# PUTTING YOUR HOUSE IN ORDER: **UNDERSTANDING WILLS, TRUSTS** AND PROBATE Age 18+

Instructor: Daniel A. Gwinn, B.S., J.D. For the last 12 years this estate planning class has helped many Waterford residents get their houses in order! Discover for yourself and your loved ones why putting your house in order is a good idea for adults of any age. You know you need to prepare your estate plan but you keep putting it off. This year, try a new approach and put your house in order by learning the essentials of basic estate planning. If you plan for your future you get the peace of knowing that the assets you worked so hard to accumulate are protected. You will learn about wills, trusts, powers of attorney, joint ownership of assets, health care directives and the probate process. Previous students have described this popular course as "fun, informative, and a great presentation". The instructor is an experienced attorney with a knack for making the topics easy to understand. You are invited to bring your spouse at no extra charge to this important, informative, and interactive class. If your spouse is attending his/her name must be included on registration form.

3615.001 2/16/16 1 session Tues \$25 Crary Campus 6:00-8:30 pm

# VOICE-OVERS... **NOW** IS YOUR TIME! Age 18+

Instructor: Guy Arledge Now hear Guy LIVE as he illustrates how YOU could actually begin using your speaking voice for commercials. films. videos! Most people go about it the wrong way. Guy will show you a unique, outside-of-the-



1 session

box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! (A former DJ. Guv is a voiceover talent for both commercials and industrials. He has done voice work for Cigna, AT&T, GE, Cancer Treatment Centers of America, and many more.)

3615.002 4/12/16 Mon 6:30-8:30 p.m. \$25 Crary Campus



# REGISTER ONLINE!

VISIT www.wsdmi.org/learn

# Leggett Dandi Lions Child Care

Waterford Schools Child Care Services offers a 12-month Toddler Program with affordable daily rates. Open Monday-Friday 6:30am-6pm year round.

Call 248.682.0286 or visit the district web site.



# MICHIGAN WORKS!

**SERVICE CENTER - WATERFORD** 

4241 Steffens • Waterford, MI 48329 Phone 248.682.3417 • Fax 248.623.1350

Waterford Career Center is one of 9 electronically linked Oakland County Michigan Works! Service Centers. Our well-established employment and training resources have been available to area employers and job seekers for more than 25 years.

### **CENTER HOURS**

Monday-Friday 8:00 am - 5:00 pm

## CAREER CENTER RESOURCES

- FREE Employer Services
- FREE Job Seeker Services

# Waterford Career Center is a Division of the Waterford School District

Funded by the Michigan Department of Energy, Labor and Economic Growth Equal opportunity program/employer Aids and auxiliary services available upon request Michigan Relay Center-711 or (800) 649-3777, voice & TTY Working in partnership with Waterford Township

EOE TTY 800.649.3777

# **NEXT GEN**

# YOUNG ADULT PROGRAM



Explore career options, build connections to the world of work, and gain new technical, academic, and vocational skills. We will help you prepare for a successful future!

PAID INTERNSHIPS
HIGH SCHOOL COMPLETION
ADULT EDUCATION SUPPORT
TRAINING FOR IN DEMAND JOBS
JOB SEARCH ASSISTANCE

If you are 16-24 years old and are NOT enrolled in school you may be eligible for this program. Other eligibility requirements apply.



248.682.0680 bulakc01@wsdmi.org 4241 Steffens Road, Waterford, MI 48329







# COMMUNITY EDUCATION and POOL & FITNESS REGISTRATION FOR CLASSES ON PAGES 6-32 ONLY

# **HOW TO REGISTER:**

- · Online at www.wsdmi.org/learn (see below )
- In person at the Pool & Fitness Centers or at Crary Campus.
- By mail: Send the registration form located on page 25 to 501 N. Cass Lake Road, Waterford, Ml.
- By fax: 248.706.4888

We accept cash, check, money order, American Express, Visa and MasterCard. Checks should be made payable to Waterford School District. Returned checks will be subject to a \$25 administrative charge by our office. We offer a 10% discount for adults who are age 60 or older. Some class restrictions apply.

# **POOL & FITNESS CENTER CLASSES**

Kettering 248.673.9969

Mott 248.674.6360

Beginning registration dates for participants are as follows:

Pool & Fitness Members December 21
WSD Residents December 28
Non Residents January 4

Registration will be during normal business hours at the Pool & Fitness Centers M-F 5:30 am-9:00 pm, Sat. 7:00 am-6:00 pm, Sun.9:00 am-5:00 pm and Crary Campus registration hours listed below.

### COMMUNITY EDUCATION CLASSES

248.706.4868

Crary Campus will accept registrations
Beginning January 4 7:30 a.m. - 4:30 p.m.

**Refunds:** Refunds must be requested in writing at least 10 days prior to the first day of class for the full amount to be refunded to the participant.

If the request is less than 10 days before the class, a \$10 service fee will be deducted and the remainder credited to the participants Community Education account. The credit can be used for future classes offered through Waterford Community Education.

If the request is received after the first day of class but prior to the second day of class, the refund will be prorated and credited to the participant's Community Education account and subject to a \$10 administrative fee. Refunds will not be issued after the second class.

A full refund will be issued if a class or program is cancelled by Waterford Community Education.

# **SEE MAP ON PAGES 28-29**

# ONLINE REGISTRATION NOW AVAILABLE!

Go to www.wsdmi.org/learn click on the interactive website link "Request Account". Once you have your account you may browse activities and "shop" like other online buying sites! Follow instructions online to complete the transition. You may also use this website to view your family's activity schedule once you are registered!

To view the most current information regarding classes, click on the interactive website link "View Activities" then activity name.

www.waterford.kiz.mi.us/pfc



<u>www.ws</u>dmi.org/learn

# COMMUNITY EDUCATION and POOL & FITNESS REGISTRATION FOR CLASSES ON PAGES 6-32 ONLY

# **WATERFORD COMMUNITY EDUCATION - CRARY CAMPUS**

501 North Cass Lake Road • Waterford, MI 48328 Phone: 248.706.4868 • Fax: 248.706.4888

Participant's Last Name	First Name		of Birth	_
ranticipant 5 Last Name	i iist ivailie	Date	OI DII UI	
Street Address .	City	Zip C	Code	Grade (Fall)
Home Phone	Cell/Night Phone	E-mai	I to receive copy	of receipt
For Camp T-Shirt Only: (circle one) You	uth: L Adult: S M L XL X	XL		
Activity # Course Name	Start Date	Time	Location	Fee
Activity # Course Name	Start Date	Time	Location	Fee
Charge Card #	n form and payment may be dropped of ecks should be made payable to Water	rford School Distri	<b>ct.</b> .te	_ 3 digit Code
or Office Use Only				
aid by: Cash Visa#	MC#	(	Check #	Amount \$
ate Received	Received by			
EMEDO	ENCY & HEALTH INFORM	ATION - RE	OUIRED	
	ould be aware of:		•	
Medical conditions or special needs we sh	ould be aware of: First Name		•	
		Addre		n above)
ledical conditions or special needs we sh Parent/Guardian Last Name Parent Work Phone	First Name	Addre: E-mail	ss (if different from	n above)
Parent/Guardian Last Name Parent Work Phone Please list individual (other than you) t	First Name  Cell/Night Phone  o be called in case of illness/emergency	Addre: E-mail	ss (if different from	n above) of receipt
Parent/Guardian Last Name  Parent Work Phone  Please list individual (other than you) t  Name  f you or your child would like to participate ou remain fully responsible for any legal acader(s) securing medical services includit out of that the Waterford School District do to that the Waterford School District do to that the Waterford School District do	First Name  Cell/Night Phone  o be called in case of illness/emergency	Addre: E-mail  Telephone #  eturn the following st ersonal actions. You in their judgment, su e for injuries that ma	to receive copy  Telephone  Tatement of conse also authorize ar ch services are n. v be associated v be associated v	m above)  of receipt  #  nt and release of liability of consent to the active cossary. It is also und

# WSD Pool & Fitness Centers

### MEMBERSHIPS AND DROP-IN USE

No Initiation fees! Member discounts on classes and priority registration! Enjoy 2175 square foot fitness centers with treadmills, bikes, ellipticals and weight machines. Our facilities include a competition lap pool with 8 lanes, 25 yards x 25 yards; leisure pool with jets; family locker rooms; indoor walking track; and multipurpose room off of the pool deck. Try us out with a Day Pass or sign up for a 3 month, annual or payment plan membership!

### **SCHEDULES**

Seasonal schedules are available at both Pool & Fitness locations for open swim, lap swim and track use. These schedules are subject to change without advance notice. Our goal is to provide safe and reasonable access to all patrons and program participants whenever possible, which may include occasional rental groups. We appreciate your cooperation.

# **Pool Rules**

# **Important Pool Area Rules**

- Youth 10 and under must be directly supervised by a responsible person at least 16 years of age. Non-swimmers must have an adult in the pool within arms reach at all times.
- Avoid water activities if you have had diarrhea or a contagious disease in the past two weeks.
- Showers are required before entering the nool.
- Children who are not toilet trained must wear tight fitting plastic pants over a cloth or swim diaper.
- An appropriate bathing suit is required for swimming, no street clothes in the water.
- Lap Swim -You may need to share your lane with other swimmers. Remember to circle swim, always staying to the right side.
- Only coast guard approved lifejackets or vests are allowed. The use of these items requires parent/guardian to be within arms reach of the youth at all times. Toys may not be brought into the pools.
- Food/drink not permitted in the pool area. Plastic water bottles only. Gum is prohibited.

# **BIRTHDAY PARTIES!**

The Pool and Fitness Centers offer a Multi Purpose Room for a convenient swimming party! Packages include 2 hours of room and swimming for up to 20 kids. Call 248-673-9969 or email pfc@wsdmi.org for more information.



New
SENIOR BALANCE
and CIRCUIT classes
coming soon!
Call the Mott PFC
for more details
248-674-6360

# Fitness & Health

### MASSAGE THERAPY

Our qualified professional therapist will help you relieve stress, pain and increase your body's own natural ability to heal. Times and prices vary. Please call Karen at (734) 925-0512 for more information or to schedule an appointment!

### PERSONAL TRAINING

Our professional personal training program involves regular one-on-one training designed to help you reach your fitness goals safely, with faster results. Our trainer can help you decrease body fat, increase energy, improve eating habits, build muscle strength and manage injury.

9033.111 1 session/1 person \$45 \$50 \$60 9033.112 6 sessions/1 person \$225 \$250\$300

### LIFEGUARD TRAINING

This American Red Cross course provides professional training for individuals' ages 15 years or older. Upon successful completion you receive a Lifeguard Training Certificate, which includes first aid, AED and CPR for the Professional Rescuer. Participants are required to pass a water skills test the first class. Prerequisites are treading water with no hands (2 min.), retrieval of a ten-pound brick from the bottom of the pool and completing a non-stop 300-vard swim (12 lengths). Attendance is required at all classes. The course fee is \$180.00 per person. Go www.redcross.org/en/takeaclass for text book.

Activity #	Day	Date	Time
4630.001	Mon	April 4	9:30am-12:30pm
	Tu-Fr	April 5-8	9:30am-4:30pm
	(5 da		@ Kettering
5640.002	Th	May 5,12,19	3 – 8:30p
	Sa	May 7,14	8:30a – 3p
	(5 da	tes)	@ Mott

# **Lifeguard Training – Review Class**

This review class will cover the basic skills of the full Lifeguard class. Participants will be required to pass a pre-requisite swimming test, various skills including backboarding, rescues, escapes, CPR for the Professional Rescuer, standard first aid skills, and a written exam. You are expected to already know these skills; this class will allow you to practice and then will test you out on them in order to renew your certification. A current Lifeguarding certificate must be presented to the instructor. Course fee is \$80.00 per person. Attendance is required at all classes.

<b>Activity #</b> 5640.003	•	Dates May 16 May 18 May 20	Time Loc 4 - 8p 4 - 8p 4 - 8p	Mott Mott Mott Mott
5640.004	Sa Su	May 21 May 22	9a – 4p	Mott Mott



# THE ULTIMATE HEALTH PAK

All three classes for \$40 and complimentary fitness analysis (\$80 value). Lia is a certified personal trainer, nutritionist and health coach. Lia believes it's never too late to start feeling better and looking better. Join Lia's quest and "Live Young Forever" now. Just do it and let the fun begin!

# 1. Stress Less with Lia

Learn to "Stress Less" with tips and tricks to avoid, manage and reduce stress. Don't let stress ruin your plans for life. Materials include a healthy guide to dining out. Couples are welcome for single fee \$15. Mott Pool & Fitness Center

Activity #	Date	Day	Time
3645.121	Tu	Feb. 23	7:00-8:30pm
3645.161	Sat	Feb. 27	10:00-11:30am
5645.121	Tu	Apr. 12	7:00-8:30pm
5645.161	Sat	Apr. 16	10:00-11:30am

# 2. Detox - What's it Really About

Why do you change the oil in your car, put chlorine in your pool or brush your teeth every day? Do you want to feel better and look better? Find out the wonderful effects of detoxing your body. It's easy. It's simple. Do it your way. Materials include a healthy guide to dining out. Couples are welcome for single fee \$15. Mott Pool & Fitness Center

Activity #	Date	Day	Time
3645.221	Tu	Mar. 1	7:00-8:30pm
3645.261	Sat	Mar. 5	10:00-11:30am
5645.221	Tu	Apr. 19	7:00-8:30pm
5645.261	Sat	Apr. 23	10:00-11:30am

### 3. Eat This, Not That

Learn how small changes in your food choices can make a big difference in how you look and feel. Cook - Don't Cook - On the Run - Never Home and Eating out guidelines for one person to many, including kids. Materials include a healthy guide to dining out. Couples are welcome for single fee \$15. Mott Pool & Fitness Center

1 1011000 00	1101		
Activity #	Date	Day	Time
3645.321	Tu	Mar. 8	7:00-8:30pm
3645.361	Sat	Mar. 12	10:00-11:30am
5645.321	Tu	Apr. 26	7:00-8:30pm
5645 361	Sat	Apr 30	10:00-11:30am

# **CIRCUIT**

Instructor: Debbie - Core Functional Fitness Increase muscle strength, endurance, flexibility and coordination with this circuit style class. Each class will include 8-10 exercise stations to challenge you and enable you to reach your fitness goals. All levels welcome. Exercise in a group at your level of fitness. \$5 drop-in fee or \$30 for the 6 week session. Mott Pool & Fitness Center

Activity #	Date	Day	Time
3645.431	Wed	Jan. 13	10:00-11:00am
4645.431	Wed	Feb. 24	10:00-11:00am
5645.431	Wed	Apr. 13	10:00-11:00am

### STRENGTH & BALANCE

Instructor: Debbie - Core Functional Fitness
This class is designed to help make everyday
activities easier by increasing your balance and
strength with both traditional and functional
exercises that anyone can do. \$5 drop-in fee or
\$30 for the 6 week session. Mott Pool &
Fitness Center

Activity #	Date	Day	Time
3645.531	Wed	Jan. 13	11:00-12:00pm
4645.531	Wed	Feb. 24	11:00-12:00pm
5645.531	Wed	Apr. 13	11:00-12:00pm



# **Bravo! Diving Club**

Bravo! Diving is a year round competitive diving club for all ages. Our club offers classes for all levels of divers, starting with beginner or learn to dive, continuing on through Junior Elite competitive team. Each diver will be taught proper safety on the diving board along with technique and mechanics while learning jumps, dives, flips and more! Diving is a wonderful sport that helps to build self-esteem, hand eye coordination and special awareness. Please visit Bravodivingclub.com for more information! All Bravo! Lesson program members MUST join USA Diving annual fee in order to participate in the class. The USA Diving fee is a yearly fee of \$12 - for a limited athlete which will provide insurance coverage for the diver from September 1st, 2015-August 31st, 2016. (You can visit BravoDivingClub.com website for directions to register.)

Learn to Dive Level 1 - Beginner

This level is for beginner level divers, anyone with little or no experience in springboard diving. Anyone who can swim to the side of the pool once they have jumped off the board can participate in the class. Divers will have instruction on proper basics and mechanics on the 1 meter diving board, including jumps, hurdles and basic dives. This level runs monthly. Choice of days: Sun 12:00-1:00 pm, Mon, Wed 5:00-6:00 pm

1x week, 4 lessons \$75 2x week, 8 lessons \$120

# Learn to Dive Level 2 – Advanced Beginner

This level is for the diver, who has successfully completed the skills in learn to dive- level 1- and who knows the diving terms and positions. Divers should know front and back jumps, a front line up and back line up. Instruction will continue on proper basics and mechanics on the 1 meter diving board, including jumps,

hurdles and basic dives. They will also work on the 3 meter diving board. Participation in local meets will be encouraged. This level is run monthly. Choice of days: Sun 12:00-1:15 and Mon, Wed 5:00-6:15 pm

1x week, 4 lessons \$90 2x week, 8 lessons \$135

### Learn to Dive Level 3- Intermediate

This level is for divers who were successful in advanced beginner – level 2- These divers are those who wish to continue to pursue this sport. Divers should know a front dive, back dive and inward dive on 1 meter and front and back jumps and front line up on 3 meter. The divers will have instruction on deck work for core strength training, trampoline and diving on both the 1 meter and 3 meter diving boards. Participation in local meets will be encouraged. This level is run monthly: Choice of days: Sun 1:15-2:30 pm, Mon, Wed 6:15-7:30pm and Tu 7:00-8:15pm

2x week, 8 classes \$135 3x week, 12 classes \$155

# Learn to Dive Level 4 - Advanced Intermediate

This level is for divers who were successful in the Intermediate level 3 and have a good attitude towards learning. These divers wish to continue to pursue this sport. Divers should know a front flip, back dive tuck, back flip, front flip with a twist on 1 meter. They should also know, back line up, front dive and inward dive on 3 meter. These divers will continue to have instruction on deck work for core strength training, trampoline and diving on both the 1 meter and 3 meter diving boards. Participation in local meets will be encouraged. This level is run monthly. Choice of days: Sun 1:00-2:30pm, Mon, Wed 6:15-7:45pm and Tu 7:00-8:30pm.

2x week, 8 classes \$155 3x week, 12 classes \$165

# High School

This class is designed for those divers who wish to compete or already have a competitive high school list who wish to maintain their skills in the off season. Divers will mainly focus on the 1 meter spring board to prepare for their diving seasons, working on improvement of their current dives and skills. Participation in local meets will be encouraged. This level is run monthly. Choice of days: Sun 2:00 – 4:00pm, Tu 6:00-8:00pm and Mon, Wed 6:30 – 8:30pm

2x week, 8 classes \$175 3x week, 12 classes \$195



# Infant Swimming Resource

Infant Swimming Resource (Ages 6 months - 6 years)

More Information and to Schedule Lessons Contact:

Kim Moore @ Mott High School Certified ISR Instructor 248-662-8868 k.moore@infantswim.com

# Swim Lessons

# SWIM LESSON REGISTRATION

Refer to pages 16 & 17 for convenient ways to register, registration form and refund policy.

Registration Begins: Members Dec. 21 Res Dec. 28 Non Res Jan. 4

### SESSION DATES

Classes meet one day per week, 5 or 6 lessons total. Parent and child through Preschool Aquatic levels are 35 minutes and the Learn-To-Swim levels are 50 minutes in length.

Session 1 Classes begin: Jan. 11 Session 1 Classes end: Feb. 19 Th & Sat. Lessons meet 5 times. No class on Thurs, Feb. 11

Session 2 Classes begin: Feb. 20 Session 2 Classes end: March 31 Mo Lessons meet 5 times. No Sat. classes this session.

Spring classes begin: April 11 Spring classes end: May 21

# **FEE CODES**

M Discounted fee for Members R Preferred fee for WSD Residents

NR Non-Resident fee

### **LESSON FEES**

Parent & Child and Preschool Aquatics Levels-35 min.

6 LESSONS M \$39 R \$48 NR \$58 5 LESSONS M \$33 R \$39 NR \$46

Learn To Swim and Adult Levels - 50 min. 6 LESSONS M \$46 R \$55 NR \$67 5 LESSONS M \$38 R \$44 NR \$54

### SWIM LESSON PROGRAM

Our swim lesson program will follow the American Red Cross Learn-to-Swim program. The program consists of Parent and Child levels, Preschool Levels (3) and Learn to Swim Levels (5) and Adult courses. Please read the course descriptions for placement. Additional information is found on-line or at our registration desks.

### **GROUP DESCRIPTIONS**

Parent & Child Level 1/2 Ages 6 mo.- 3 yrs Familiarize infants and toddlers with the water and teach swimming readiness skills. Provides safety information for parents and teach techniques parents can use to orient their children to the water. (35 min.)

# Preschool Aquatics About 3.5 – 5 yrs PA Level 1/2

Familiarize preschool age children to the aquatic environment and help them acquire rudimentary basic aquatic skills. Helps participants begin to develop positive attitudes and safe practices in and around water. (35 min.)

### PA Level 3

Increase proficiency and build on the basic aquatic skills learned in PA 1 & 2. Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics. (35 min.)

# **Learn-to-Swim about 6 yrs – 13 yrs** 50 Min. Classes

# LTS Level 1 Introduction to Water Skills

Familiarize participants to the aquatic environment and help them gain basic aquatic skills.

### LTS Level 2 Fundamental Aquatic Skills

Build on the basic aquatic skills and water safety skills and concepts learned in LTS 1.

### LTS Level 3 Stroke Development

Builds on the skills learned in Level 1 & 2 to help participant achieve basic water competency in a pool environment.

## LTS Level 4 Stroke Improvement

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3.

### LTS Level 5 Stroke Refinement

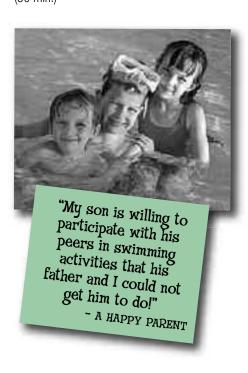
Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).

# Adult 1 (Ages 14+) Learning the Basics

Gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. (50 min.)

# Adult 2 (Ages 14+)

Improving Skills & Swimming Strokes Improve participant's proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. (50 min.)



<b>CLASS SCHE</b>	DULE				
<b>KETTERING - M</b>	lon or Th 6 class	es*			
10:45am	PA 1	3633.112	1/11 – 2/15		
10:45am	PA 2	3633.242	1/14 – 2/18		
10:45am*	PA 3	4633.312	2/22 - 3/21		
10:45am	P & C 1/2	4632.142	2/25 - 3/31		
10:45am	PA 1	5633.112	4/11 - 5/16		
10:45am	PA 2	5533.242	4/14 - 5/19		
Time	Level	Winter 1	Winter 2	Spring	
		Act. #	Act. #	Act.	
<b>KETTERING - M</b>	londay				
4:40pm	PA 2	3632.111	4632.111	5632.111	
5:00pm	LTS 1	3636.111	4636.111	5636.111	
5:20pm	PA 1	3633.111	4633.111	5633.111	
6:00pm	LTS 2	3636.211	4636.211	5636.211	
6:00pm	P & C 1/2	3632.111	4632.111	5632.111	
6:40pm	PA 3	3632.311	4633.311	5633.311	
7:00pm	LTS 3	3636.311	4636.311	5636.311	
MOTT - Tuesda					
5:00pm	LTS 2	3646.221	4646.221	5646.221	
5:20pm	PA 1	3643.121	4643.121	5643.121	
6:00pm	LTS 3	3646.321	4646.321	5646.321	
6:00pm	PA 3	3643.321	4643.321	5643.321	
6:40pm	PA 2	3643.221	4643.221	5643.221	
7:00pm	LTS 4	3646.421	4646.421	5646.421	
<b>KETTERING - W</b>	ednesday				
5:00pm	LTS 3	3636.331	4636.331	5636.331	
5:20pm	PA 2	3633.231	4633.231	5633.231	
6:00pm	LTS 2	3636.231	4636.231	5636.231	
6:00pm	PA 3	3633.331	4633.331	5633.331	
6:40pm	LTS 1	3636.131	4636.131	5636.131	
7:00pm	LTS 5	3636.531	4636.531	5636.531	
MOTT - Thursda	ay				
4:40pm	PA 2	3643.241	4643.241	5643.241	
5:00pm	LTS 3	3646.341	4646.341	5646.341	
5:20pm	PA 3	3643.341	4643.341	5643.341	
6:00pm	LTS 2	3646.241	4646.241	5646.241	
6:00pm	P & C 1/2	3642.141	4642.141	5642.141	
7:00pm	Adult 1/2	3640.241	4640.241	5640.241	
KETTERING - Saturday					
9:00am	LTS 4	3636.461	N/A	5636.461	
9:40am	P & C 1/2	3632.161	N/A	5632.161	
10:00am	LTS 3	3636.361	N/A	5636.361	
10:20am	PA 1/2	3633.161	N/A	5633.161	
11:00am	PA 3	3633.361	N/A	5633.361	
11:00am	LTS 2	3636.261	N/A	5636.261	

# Swim Club



### KINGFISH AQUATIC SWIM CLUB

Kingfish Aquatics is a year round USA Swim Club. We are also a member of the United Swim League. The purpose of a swim team is to teach and refine techniques for all four of the competitive strokes along with setting personal and team goals. Our Head coach is Brad Brockway.

# **REGISTRATION AND FEES:**

See http://www.kingfishaquatics.com

Group descriptions are listed below:

### Explorer 1

Swimmers who are able to swim 1/2 length of the pool who are interested in exploring club swimming. These swimmers can complete in meets when they are able to complete one length of the pool (25 yards). The group swims once a week (Thursdays or Saturday) with practices of 45 minutes long. This is geared to make swimming fun with games and relays at the end of the practice. Criteria to move to "Explorer 2 or 4", successfully compete in a freestyle and backstroke events in a USA Swimming meet and a desire to develop better skills.

# Explorer 2

Swimmers who are able to swim one length of the pool (25 yards) front crawl without stopping. Swimmers have knowledge of the four competitive strokes and swim them legally. Swimmers will train up to twice a week for an hour each practice. Training spends a lot of time working on stroke development, while introducing them to dry land to help build core strength. Criteria to move to "Explorer 4", successfully compete in a freestyle and backstroke events in a USA Swimming meet and a desire to develop better skills.

### Explorer 4

Swimmers who are able to swim one length of the pool (25 yards) front crawl without stopping. Swimmers will train up to four times a week for an hour each practice. Training spends a lot of time working on stroke development, while introducing them to dry land to help build core strength. Criteria to move to "Development" successfully compete in a butterfly, freestyle and backstroke events in a USA Swimming meet and a desire to develop better skills.

### Development

Swimmers who can swim all four competitive strokes legally. Training will emphasize proper stroke technique, including starts, turns and stroke finishes. Swimmers will train up to three days per week for 2 hours each practice. At this level the dry land continues to challenge the athletes and helps them develop to the next level. Criteria to move to "Endurance" successfully complete in a butterfly, Backstroke, breast-stroke and freestyle events in a USA meet. They also need to be able to hold 2:00 or better per 100 freestyle.



### Endurance

Move from development to building endurance. Swimmers who can successfully swim all four competitive strokes legally and can hold 1:45 per 100 or better. Training will emphasize proper stroke technique, including starts, turns and stroke finishes. Swimmers will train up to five days per week for 2 hours each practice. At this level the dry land challenges the athletes and helps them develop endurance for the next level.

### Advanced

Swimmers who have mastered the basics from the Endurance level and can hold 1:30 per 100 or better. Continued work on proper stroke technique, endurance, and personal goal setting are key aspects of this level of training. These swimmers should have state cuts. Swimmers train up to five days per week, for 2.5 hours each practice and an optional .5 hour of dry land each day.

### Elite

Swimmers work on technique, endurance, goal setting and racing strategies at this level. These swimmers aspire to reach Zone, Sectional and Junior National, and National qualifications. These are serious athletes, and train up to seven days per week for 2.5 hours each practice, with 3 hours a week available for dry land. During the summer break from school they can take part in an additional 2 hours of practice time Monday-Friday.

### Elite Performance

Invitation only workout for swimmers who have demonstrated the ability to perform at the National level. They are totally committed to improving their performance at the National level. Must maintain 90% attendance year round.

# PRACTICE SCHEDULE: KETTERING GROUPS

### Explorer 1:

Thursdays, 6:15-7:00pm

### Explorer 2:

Mondays & Wednesdays, 5:30 - 6:30pm or Tuesdays & Thursdays, 5:30 - 6:30pm

# Explorer 4:

Mondays -Thursdays, 6:30 - 7:30pm

### Development:

Monday, Wednesday, and Friday 5:30 - 7:30pm

### **Endurance:**

Monday – Friday 5:30 - 7:45pm

### MOTT GROUPS

### Advanced:

Monday through Friday Dry-lands 5-5:30pm Swim 5:30 — 8:00pm **Elite** 

# Monday through Friday

Dry-lands 5-5:30pm, Swim 5:30 – 8:00pm Saturdays 8 – 11 am

Sundays 9:30 am - 11:30am

# Elite Performance

 $\begin{array}{l} \mbox{Monday through Friday} \\ \mbox{Swim } 4:00-6:30\mbox{pm Dry-lands } 6:30\mbox{-7pm} \\ \mbox{Saturdays } 8-11\mbox{ am} \\ \mbox{Sundays } 9:30\mbox{ am}-11:30\mbox{am} \end{array}$ 

## WATER AEROBIC REGISTRATION

# **Drop-In Water Aerobics**

Do you prefer variety in your workouts or perhaps your schedule varies weekly, our "Drop-In" classes will work out perfectly. Cards will be available at the Front Desk for "daily drop-in" purchases.

WA = Water Aerobics AWE = Arthritis Water Exercise

WA WA	One 11 Pass	M \$5.50 \$55	R \$7 \$70	NR \$8 \$80
AWE	One	\$4		\$6.50
AWE	11 Pass	\$40		\$65

10% Senior Discount does not apply to Drop-Ins!

### WINTER SESSION DATES

Session 1 Classes begin: Jan. 11 Session 1 Classes end: Feb. 19 No Thur pm class on Feb. 11

Session 2 Classes begin: Feb. 22 Session 2 Classes end: April 2 Fri & Sat classes will meet 5 times. Drop-in only classes: April 4-9

Spring Session Classes begin: April 11 Spring Session Classes end: May 20

### **FEES**

Water Aerobics, Aqua Tone & Balance & Deep Water classes - 55 min.

6 Classes M \$26 R \$34 NR \$40 5 Classes M \$21.25 R \$28 NR \$33 Arthritis Water Exercise classes — 45 min. 6 Classes M \$20 R \$30 NR \$37 5 Classes M \$16.25 R \$25 NR \$31

# **Water Aerobics**

Are your ready for some great low-impact water exercise. We will stretch, strengthen and cardio with a variety of exercises and equipment ranging from low to moderate intensity. Water shoes are optional.

55 minute class Instr. Pool

# Agua Tone & Balance

This class provides a fat-burning, energy-boosting workout to start your day off right! The hydrostatic pressure of the water supports you as you move, reducing the stress on your weight bearing joints. The resistance of the water gives your muscles a workout as you push your way through. All exercises can be modified to suit your individual needs. Requires no swimming skills, water shoes recommended (shoes required if you have diabetes). 55 minute/class.

# **Deep Water - Water Aerobics**

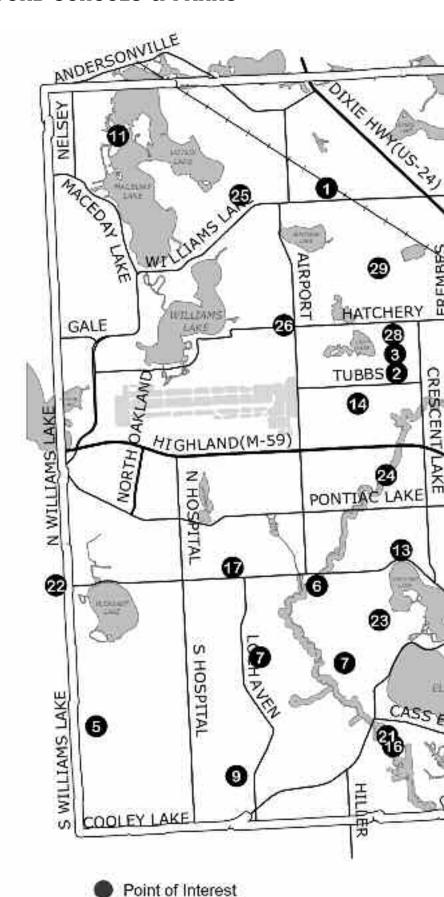
Have you been taking water exercise classes and are ready for something new? Do you feel your feet always drag the bottom or that you need more of a challenge? Come and work out in the deep pool where every part of you will experience the full resistance of the water and work all major muscle groups. You must be comfortable in deep water with an exercise flotation belt. We will be using belts and cuffs and other equipment. 55 minute/class. Comp. Pool.

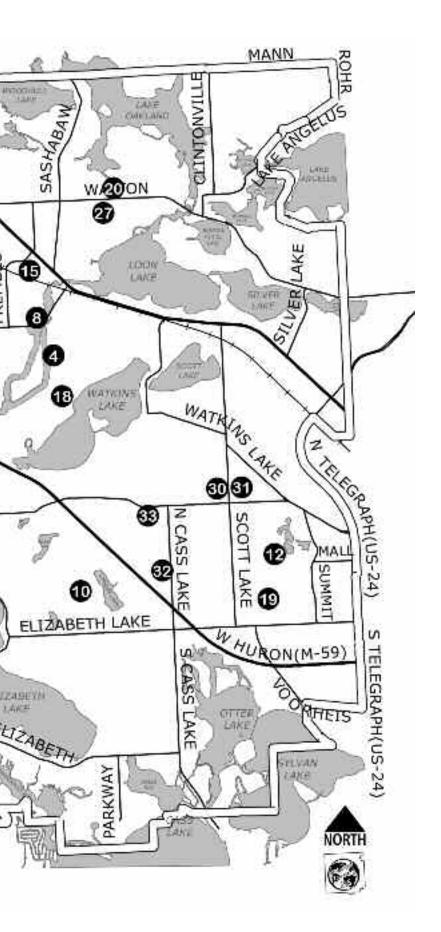
### **Arthritis Water Exercise**

Join us for a great low-impact workout. This class is great for those suffering from Arthritis or recovering from surgeries. You will get a total body and cardio workout using the resistance of the water and barbells. Please wear your own water shoes to each class. 45 minute class Mott Instr. Pool

# WATER AEROBICS CLASS SCHEDULE CONTINUED on PAGE 32

# **WATERFORD SCHOOLS & PARKS**





# **WATERFORD SCHOOLS & PARKS**









Volleyball



Baskethall







Nature Trails











# **PARKS & RECREATION FACILITIES**

**RECREATION CENTER** - 5640 Williams Lake Road, 50+ programming and general recreation activities. 1.











2. WATERFORD TOWNSHIP LIBRARY - 5168 Civic Center Drive, Offering Adult, Teen & Children's programs and classes.





WATERFORD CIVIC CENTER - 5200 Civic Center Drive (52.2 acre site) The Main Parks and Recreation 3. office, other Township Offices and soccer fields are housed on this campus. The Warming House rental facility is located here are 5050 Civic Center Drive.











DRAYTON PLAINS NATURE CENTER (DPNC) - 2125 Denby Drive (139 acres). Interpretive nature 4. center building houses wildlife for viewing.













HESS-HATHAWAY PARK (HESS) - 825 S. Williams Lake Road (167 acres). NO PETS ALLOWED. 5. "All Kids Playground", històric farmhouse and barn, farm animals on display and community garden. Group havrides and animal tours available by appointment.



















CLINTON RIVER CANOE SITE - 5971 Elizabeth Lake Road (8 acres) 6.









ELIZABETH LAKE WOODS PARK - Access available off Lochaven Road and off River Ridge Drive 7. (340 acres). Limited parking.







FISH HATCHERY PARK - 4490 Hatchery Road (6.3 acres), Home to the Waterford Historical Society's 8. historic village and museum.



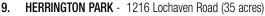
























LIONS PARK - 4250 Fenmore Avenue (26.5 acres)











MACEDAY LAKE PARK – Access off Rich Drive includes bird sanctuary (7 acres). Parking is limited to 2 cars.







# **WATERFORD SCHOOLS & PARKS**

 MARION STREET PARK – located at the end of Marion Street off Elizabeth Lake Road (18 acres). Limited parking.







13. OPTIMIST PARK (OPT PK) - 5320 Elizabeth Lake Road (10 acres)











14. ROTARY PARK - 5485 Tubbs Road (33 acres)











15. SHELL PARK - 4373 Dixie Highway (13 acres)











 CLINTON RIVER SOUTH - 5250 Cass-Elizabeth Lake Road (36 acres). Wetland area surrounding Haviland Elementary School along both sides of the Clinton River. Limited parking.







# **ELEMENTARY SCHOOLS**

- 17. BEAUMONT ELEMENTARY SCHOOL 6532 Elizabeth Lake Road
- 18. COOLEY ELEMENTARY SCHOOL 2000 Highfield Road
- 19. DONELSON HILLS ELEMENTARY SCHOOL 2690 Wewoka Road
- 20. GRAYSON ELEMENTARY SCHOOL 3800 W. Walton Boulevard
- 21. HAVILAND ELEMENTARY SCHOOL 5305 Cass Elizabeth Road
- 22. HOUGHTON ELEMENTARY SCHOOL 8080 Elizabeth Lake Road
- 23. KNUDSEN ELEMENTARY SCHOOL 5449 Crescent Road
- 24. RIVERSIDE ELEMENTARY SCHOOL 5280 Farm Road
- 25. SCHOOLCRAFT ELEMENTARY SCHOOL 6400 Maceday Drive
- 26. STEPANSKI EARLY CHILDHOOD CENTER 6010 Hatchery Road

### MIDDLE SCHOOLS

- **27. MASON MIDDLE SCHOOL** 3835 W. Walton Boulevard. Facilities: Track, one baseball and two softball fields, outdoor basketball court, one football/soccer field, three tennis courts and gymnasium.
- 28. PIERCE MIDDLE SCHOOL (PIERCE) 5145 Hatchery Road. Facilities: Track, gymnasium, baseball and softball field, football field & soccer field.

# **HIGH SCHOOLS**

- **29. WATERFORD KETTERING HIGH SCHOOL (WKHS)** 2800 Kettering Drive. Facilities: Fitness Center with pools, track, one baseball field, two softball fields and gymnasium.
- WATERFORD MOTT HIGH SCHOOL (MOTT) 1151 Scott Lake Road. Facilities: Fitness Center with pools, track, two baseball fields and gymnasium.

# **SCHOOL SUPPORT BUILDINGS**

- 31. COVERT CENTER 1150 Scott Lake Road. Facilities: Soccer field.
- CRARY/KURZMAN ADMINISTRATION OFFICE 501 N. Cass Lake Road Waterford School District Administration Offices.
  - **WATERFORD COMMUNITY EDUCATION**, 501 N. Cass Lake Road. Enrichment, fitness and career training classes. Facilities: Baseball and softball fields, football/soccer field and gymnasium.
- WATERFORD SENIOR CENTER 3621 Pontiac Lake Road. Enrichment classes, health and support services offered.

# **SWIM CONTINUED FROM PAGE 27**

WATER AER Time	OBICS CLASS Group	SCHEDULE W 1 Act. #	W 2 Act. #	Spring Act. #
9:30am 7:15pm	<b>Monday</b> WA Deep	3631.111 3631.311	4631.111 4631.311	5631.111 5631.311
MOTT - Mond 9:30am 10:30am 6:00pm	<b>ay</b> WA AWE WA	3641.111 3641.211 3641.112	4641.111 4641.211 4641.112	5641.111 5641.211 5641.112
KETTERING - 9:30am 10:30am	<b>Tuesday</b> Deep ATB	3631.321 3631.421	4631.321 4631.421	5631.321 5631.421
<b>MOTT - Tuesd</b> 7:15pm	<b>ay</b> WA	3641.121	4641.121	5641.121
<b>KETTERING</b> - 19:30am 10:30am 7:15pm	<b>Wednesday</b> WA ATB Deep	3631.131 3631.431 3631.331	4631.131 4631.431 4631.331	5631.131 5631.431 5631.331
MOTT - Wedn 9:30am 10:30am 6:00pm	esday WA AWE WA	3641.131 3641.231 3641.132	4641.131 4641.231 4641.132	5641.131 5641.231 5641.132
<b>KETTERING</b> - 9:30am	<b>Thursday</b> Deep	3631.141	4631.141	5631.141
<b>MOTT - Thurs</b> 7:15pm	<b>day</b> WA	3641.141	4641.141	5641.141
<b>MOTT - Friday</b> 9:30am 10:30am	V WA AWE	3641.151 3641.251	4641.151 4641.251	5641.151 5641.251
<b>KETTERING</b> - 9:00am	<b>Saturday</b> WA	3631.161	4631.161	5631.161

# WATERFORD TOWNSHIP PUBLIC LIBRARY

5168 Civic Center Drive Waterford, MI 48329 248-674-4831

FAX: 248-674-1910 www.waterford.lib.mi.us

Joan Rogers

Jean Hansen
ADULT AND
OUTREACH SERVICES

Cynthia Walker CHILDREN'S SERVICES

Jonathan Deahl **CIRCULATION SERVICES** 



# **HOURS:**

Mon. - Thurs. 9am-9pm • Fri CLOSED Sat. 10am-5pm • Sun. 1pm-5pm

# Click on the Library! www.waterford.lib.mi.us

# **ANNOUNCEMENTS**

**HOLIDAY CLOSINGS:** The library will be closed ThursdayDec. 31, 2015— Sunday Jan. 3 for the New Year's Holidays. Monday Jan. 18 for Martin Luther King, jr. Day, Monday Feb. 15 for Presidents Day, and March 25-27 for Easter.

**USED BOOK SALES:** The Friends of the Library Used Book Sales will be held in the Community Room on the following dates: Wednesday January 28, 4-8pm, ThursdayJanuary 29, 9am-8pm, SaturdayJanuary 31,10am-4pm. Wednesday March 25, 4-8pm, Thursday March 26, 9am-8pm, Saturday March 28, 10am-4pm.

**USED BOOK DONATIONS:** Used books in good condition can be dropped off in the Library's Community Room on the second Saturday of each month between 10:00 a.m. and 1p.m.

### **CONNECT WITH US ONLINE**

Subscribe to our email newsletter: http://www.waterfordmi.gov/531/Monthly-Newsletters

Follow us on Twitter: http://twitter.com/waterfordmilib

Like us on Facebook: http://www.facebook.com/WaterfordLibrary/

**OUR FRIENDS:** All library programs are sponsored with the generous support of the Waterford Friends of the Library.

**SPECIAL NEEDS:** If you have special needs that may impact your participation in any library program for any age, please contact the library at least 10 days in advance.

**OUTREACH:** Home Delivery Service Waterford residents who are temporarily or permanently confined to their homes may call the library for home delivery of audiobooks, large print books, regular print books, or DVDs. Please call Jean Hansen at 248-618-7682 if you are interested in this service.

**ONLINE REGISTRATION for library programs is available.** You can get email reminders for programs you've signed up for, and even cancel your own registration if you wish. Use our calendar of events to register: <a href="http://waterfordmi.evanced.info/signup/eventcalendar.aspx">http://waterfordmi.evanced.info/signup/eventcalendar.aspx</a>

# Library - Adult Programs

\*\*Registration is required for all adult library programs. Please call 248-618-7694, come in, or go online to register.\*\*

# Time for a De-Clutter • Tuesday January 19, 7pm

Soo Porter, a professional organizer, will give an "organizing 101" presentation, as well as tips on how to maintain your organized space once you have created it.

# Conquer your Paper Mountain • Tuesday February 2, 7pm

Soo Porter, a professional organizer, will help you learn how to reduce or eliminate those ever-growing stacks of papers.

### Farewell, Downton Abbey • Wednesday, March 16, 7 - 8:00 pm

Please join us for discussion and other activities related to this BBC/PBS favorite. Tea will be served, so feel free to bring your favorite teacup or mug.

# Plant it Well, Enjoy it Forever: Complete how-to for planting every type of plant (and trees, too) • Tuesday March 22, 7pm

How to plant just about anything so it grows well and continues to look good without being moved! Professional gardener and garden designer Janet Macunovich shares 30 years of experience to help you decide what to plant where and how to plant it right. Includes very important new information about planting trees and shrubs.

## All About Pinterest • Thursday, February 4, 7-8 pm

Join us and learn all you ever wanted to know about how to pin, create boards and find pinners on Pinterest. All Social Jessie will show you how to create and organize your Pinterest account.

# Get Insta-Results with Instagram • Thursday, March 31, 7-8 pm

Whether you're looking to share photos and videos with friends or just want to learn how to navigate the ins and outs of Instagram, this program can help. Join All Social Jessie and learn about what Instagram is and why you would want to join.

# Genealogy 103 • Saturday January 16, 9:30am-1pm

It is recommended (but not required) that you have attended Genealogy 101 or have some experience before attending this class. Topics covered include: newspapers, obituaries, biographical sources, probate records, probate records, immigration & ship passenger lists, and naturalization records.

Taught by Mr. Irvin Rabideau, who has been involved in genealogical research, teaching, publication and lecturing for over 40 years.

### Genealogy 104 • Saturday February 6, 9:30am-1pm

It is recommended (but not required) that you have attended Genealogy 101 or have some experience before attending this class. Topics covered include: military records, land records, tax records and source citation techniques. Taught by Mr. Irvin Rabideau.

### How to borrow ebooks from the Library – drop-in help sessions • Saturday January 9

1:30pm – 3pm All Kindle owners, please come during this time

3pm – 4pm is for iPad, nook and other device owners

Bring your kindle, iPad, nook, or other device, even your laptop, and your questions. If you've tried and are having trouble, or if you've never done it before, librarians Jean and Lindsay will work with you to help you with checking out and downloading ebooks from the library. Held in the Conference Room.

# How to get e-magazines from the library with Zinio (free!) • Saturday March 12 10:30am

Bring your laptop, iPad, or tablet if you have one, if not we can provide you with a laptop for this class. Limited to 5 people. We will add additional classes if needed.

## Library - Adult Programs

#### **Tuesday Evening Book Discussion Group**

Discussions are every second Tuesday of each month in the library Conference Room at 7 pmPlease let us know if you need a copy of the book.

Tuesday, January 12 The Happiness Project by Gretchen Rubin

Tuesday, February 9 The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer

Tuesday, March 8 Wonder by R. J. Palacio

Tuesday, April 12 I am Malala by Malala Yousafzai

#### **Monday Afternoon Book Discussion Group**

Meets the third Monday of each month at 1pm in the Community Room. Stop by the Adult Reference Desk to pick up a copy of the book.

Monday, January 25 Everything I Never Told You by Celeste Ng

Monday, February 22 One Thousand White Women by Jim Fergus

Monday, March 21 A Man Called Ove by Fredrik Backman

#### Ask the "Tech Guy"

Saturday January 16 1:30 - 4pm

Saturday February 131:30 – 4pm

Saturday March 12 1:30 – 4pm

Computer/technology help. One-on-one assistance with your own device or computer (bring it in with you). Our library computer technician will do his best to troubleshoot your problem, answer your questions, or advise you on what to do. Held in the Conference Room. Please make an appointment by calling or coming in to the adult desk. Registration required.

#### Poetry Writers' Workshop • Thursdays - January 21, February 18, March 17, April 21

Local poet and teacher Glen Armstrong leads this monthly poetry writing workshop. Bring paper and a pen/pencil, leave with a poem. The group meets every third Thursday of the month in the library Conference Room at 7pm

#### **Poetry Leaves Project**

Poetry submittals will be accepted between January 5th through April 22nd for inclusion in the May exhibition at poetry-leaves.com

#### Creative Process of Poetry • Thursday, February 11, 7:00-8:30pm

Poets Glen Armstrong, AliseAlousi, and Mariela Griffor will read their work and discuss the processes they use to write poetry.

#### Poetry Camp • Saturday, March 5, 10-11:30am

(for elementary students) Kids can explore poetry by writing some of their own with poet/teacher Glen Armstrong. In the Community Room.

#### Open Mic Poetry & Small Press Book Fair • Saturday, March 19, 1:00-4:00pm

Come read your poem or a favorite poet's work, and an opportunity to meet small press publishers.

#### Poetry Reading • Thursday, April 7, 7:00-8:30pm

Three local poets, David James, John Hazard and Michael Lauchlan, will read their poems.

#### Ribbon Cutting • Tuesday, May 3, 5:30-7:30pm

Selected community members will each read their poem submitted for the Poetry Leaves Exhibition.

#### Poetry Leaves Exhibition • May 3rd – May 31st

Visit the Civic Center campus to read poems hanging from the trees.

## Library - Adult Programs

#### COMPUTER CLASSES

Classes are held in the Conference Room using laptops owned by the library. Class size is limited to 7 people. Registration is required.

#### Introduction to Excel 2010

Saturday, January 16, 11am – noon OR Wednesday, February 17, 7 - 8 pm

We'll start with an overview of Excel, and go over how to enter and edit data in cells, formatting cells, and basic formulas such as addition and subtraction. Basic computer knowledge and familiarity with Microsoft Word and/or other Microsoft Office application(s) are prerequisites for this class.

#### Computer Basics for the Computer Shy • Saturday, January 30, 10am

We'll cover the absolute basics of a computer, including the parts, procedures for use, and how to move a mouse. This class is for complete computer BEGINNERS!

#### Internet 101 • Saturday, February 6, 10am

We'll cover the basics of getting online, viewing web pages, and doing basic internet searches. This class is for internet BEGINNERS who have basic computer knowledge about how to move a mouse.

#### Opening an Email Account • Saturday, February 13, 10am

We'll help you sign up for a free email account. This class is for people with basic Internet and computer knowledgewho do not currently have an email account.

#### Using Email • Saturday, February 20, 10am

We'll cover your address book/contacts, folders, how to search your email, how to do attachments and maybe more. For people who already have an email account.

#### Basic Microsoft Word 2010 • Saturday, February 27, 10am

We'll cover entering data, basic formatting and copy/paste. This is for people with basic computer knowledge.

## Library - Teen Programs

Programs are for teens ages 12-18. Registration is required.

#### Babysitter Training • Saturday, February 27th 9:30 am - 3:30 pm

Ages 11-15

The American Red Cross training will provide youth with the skills every parent wants in a babysitter including safety, basic child care, facilitating safe play, first aid and critical emergency action skills. Cost is \$40 and participants will also need to bring a sack lunch.

## Library - Children's Programs

#### **Storytimes for Little Ones**

Our drop-in storytimes resume this winter. Registration is not required. Storytimes for children age 3 and younger are 30 minutes long and include a variety of stories, songs, fingerplays, and other activities. Children must be accompanied by a parent or caregiver. We ask that you arrive at least 5 minutes before storytime begins in order to get settled in.

Session I (5 weeks) – Begins the week of January 11-14 and ends the week of February 8-11

Session II (5 weeks) – Begins the week of February 22-25 and ends the week of Mar. 21-24

Session III (4 weeks) – Begins the week of April 4-7 and ends the week of April 25-28

## Library - Children's Programs

Babytime (ages 6 mos. - 15 mos.) - Mondays & Tuesdays from 10:00-10:30 a.m.

First storytime begins Monday, January 11

Toddlertime (ages 16 mos. - 23 mos.) – Wednesdays & Thursdays from 10:00-10:30 a.m.

First storytime begins Wednesday, January 13

Two-Year-Old Storytime - Mondays & Tuesdays 11:00-11:30 a.m.

First storytime begins Monday, January 11

Three-Year-Old Storytime - Wednesdays & Thursdays from 11:00-11:30 a.m.

First storytime begins Wednesday, January 13

#### Lego Club

Recommended for Ages 5 and Up

Students meet once a month on a Saturday to create their own Lego structure. These will be displayed in the library until the next meeting. Then students can make new structures. We have two class times in the morning for each day. Please sign up for one of the times: 10:15-11:00 am, or 11:30a-12:15 pm. Online registration available from our website.

Sat., January 30
Sat., February 27
Sat., March 19
Sat., April 23
Registration begins Saturday, February 20
Registration begins Saturday, March 12
Registration begins Saturday, April 16

#### S.T.E.M. on Saturdays

Recommended for ages 8-11/Gr, 3-6

Join us for some fun, interactive programs on Saturday mornings. Online registration is available on our website.

S is for Science: – Saturday, January 23 – 10:30-11:30a- Topic to be announced

Registration begins Saturday, January 16

T is for Technology: - Saturday, February 13 - 10:30-11:30a - Topic to be announced

Registration begins Saturday, February 6.

E is for Engineering: Machines & Motion – Saturday, March 12 – 10:30-11:30a

Students will be building structures to move marbles, matchbox cars, etc.

Registration begins Saturday, March 5.

M is for Math: Crazy Eights - Saturday, April 16 - 10:30-11:30a

Not just a card game. It's math! Registration begins Saturday, April 9.

#### Saturday Storytimes for Ages 4-8

Students in grades preschool through third grade are invited to celebrate winter and spring with a variety of seasonal stories and cool crafts from 10:30-11:15a. Students should be able to color, cut, and glue independently. No registration required. Saturday dates and themes are:

January 16: Winter Wonderland March 5: Spring & Easter February 6: Love & Valentines April 30: Mother's Day

#### **Tail Wagging Tutors**

Students in grades K-5 who would like to gain confidence in reading out loud will have the opportunity to read to a dog for 15 minutes. Please call the children's desk at (248) 618-7692 to register your children. Please do not wear strong scents as it bothers the dogs.

Tuesdays beginning January 26 from 4:30-5:30p with Joyce and Toby

#### Poetry Camp • Saturday, March 5, 10-11:30am

(for elementary school students) Kids can explore poetry by writing some of their own with poet/teacher Glen Armstrong. Part of our Poetry Leaves Project. In the Community Room. Registration required.

### Senior Center

Aging Isn't What It Used To Be!

### WATERFORD SENIOR CENTER

3621 Pontiac Lk Rd Waterford, MI 48328

248-682-9450





#### OUR MISSION

To be the focal point in the Waterford Community for services, programs and activities associated with vital aging.

#### **RECREATION/ACTIVITIES**

- Arts & Crafts
- Book Club
- Bunco
- Cards
- Computer Classes/Lab
- Educational Programs
- Exercise/Physical Fitness
- Gardening
- Intergenerational Programs
- Line Dancing
- Massage Therapy
- Quilting/Needlepoint
- Poetry Club
- Tai Chi
- Recreation Room:Billiards & Darts
- Reminiscing Club
- Special Lunches
- Travel-Day & Extended
- Volunteer Opportunities
- Woodcarving & Woodshop

#### **ENCORE ADULT DAY SERVICE**

- Professional care & supervision
- Comfortable & safe environment
- Nutritious meals & snacks
- Structured recreational activities
- Transportation within Waterford Township
- Support Groups

#### INFORMATION & SERVICES

- Educational Programming
- Legal issues
- Tax Preparation
- Annual Health/Business Expo
- Focus Hope Food Program
- T.O.P.S. Weight Loss Support
- Hearing Evaluations
- Foot Screenings
- Physical Therapy Evaluations
- Referrals
- Affordable Care Act
- Medicare & Medicaid Advisor by Appointment

#### TRANSPORTATION SERVICES

What we offer:

- Wheelchair transportation
- Van Service from 8:30am -3:00pm, Monday-Friday
- Curb to curb service (passengers must be mobile) to destinations anywhere within Waterford Twp. or Waterford School District
- Trips to Meijer, Summit Place Mall, Wal-Mart and local medical facilities
- 72-hour notice needed for van services
- Courteous, friendly, qualified drivers
- Clean, reliable vehicles. \$3 each way within Waterford Twp.

Senior transportation made easy and affordable!

### Meals-on-Wheels:

### A Great Program!

The Meals-On-Wheels program provides a tasty, hot, nutritious noon meal to Waterford's homebound seniors. The program is based on individual nutritional needs not income. Optional cold evening meals, frozen weekend meals and Ensure liquid meals are also available. The meals are provided to you on a donation basis. The amount of \$3.00 per hot meal is suggested.

Call for program eligibility 248-682-9450

### **Lunch Served**

Monday - Friday 12:00 Noon \$3 Donation over 60

### **Bistro Snack Bar**

10:30 am - 1:00 pm Soup \$1.50 Salad \$2.00 Sandwich & Chips \$2.00



The Waterford Senior Center is committed to providing seniors with: Activities, Recreation, Dining, Travel and Support Services

WWW.WATERFORD.K12.MI.US/SENIORCENTER/

### Senior Center



#### WATERFORD SCHOOL DISTRICT POOL & FITNESS CENTERS

KETTERING CAMPUS 2800 Kettering Dr 248.673.9969

MOTT CAMPUS 1151 Scott Lake Rd 248.674.6360

Visit our website for complete membership information and applications

waterford.k12.mi.us/pfc

SENIORS 60+ YEARS ALSO RECEIVE A 10% DISCOUNT ON CLASSES!

SEE PAGE 20 for NEW CLASSES!

### Water Aerobics Schedule

This winter/spring we will offer three 6 week sessions.

SESSION 1: Jan. 11 - Feb. 19
Thursday Classes will be at Kettering on Jan. 2
SESSION 2: February 22 - April 1
Friday classes will meet 5x. Drop-in only classes April 4-8
SPRING: April 11 - May 20
For more information see pages 27 & 32

Please use Registration Form on page 17

**Water Aerobics** Time M R NR Dav KETTERING \$34 Mon 9:30am \$26 \$40 Wed 9:30am \$26 \$34 \$40 Sat 9:00am \$26 \$34 \$40 MOTT Mon 9:30am \$26 \$34 \$40 \$26 \$34 Mon 6:00pm \$40 Tu 7:30pm \$26 \$34 \$40 Wed 9:30am \$26 \$34 \$40 Wed \$26 \$34 6:00pm \$40 \$26 \$34 \$40 Th 7:30pm Fri 9:30am \$26 \$34 \$40 Arthritis Water Exercise 45 min. class MOTT Dav Time R NR Mon 10:30am \$20 \$30 \$37 Wed 10:30am \$20 \$30 \$37 Fri 10:30am \$20 \$30 \$37 Deep Water Water Aerobics 55 min. class **KETTERING** Dav NR Time М R Mon 7:30pm \$26 \$34 \$40 9:30am \$26 \$34 \$40 Tu Th 9:30am \$26 \$34 \$40 Wed 7:30pm \$26 \$34 \$40 Aqua Tone & Balance 55 min. class KETTERING M R NR Dav Time Tu 10:30am \$26 \$34 \$40 Wed 10:30am \$26 \$34 \$40

### Senior Pool Fitness Special!

Monday - Thursday 8:00 am - 12:00 pm Seniors can use the pool or fitness center for only \$2.50!

### **WATERFORD PARKS AND RECREATION** WINTER-SPRING 2015 REGISTRATION INFORMATION

### Five Easy Ways to Register...



Walk-In to our office: 5200 Civic Center Drive, Waterford, MI 48329 Monday-Friday, 8:00AM-5:00PM/Monday-Friday, 7:30AM-4:30PM (Summer Hours)



Mail-In: Checks payable to Waterford Parks & Recreation



Fax-In: 248-618-7674 This is to be used by customers paying with Mastercard, Visa or Discover only (a convenience fee will be charged. See below for more details). If you haven't received an emailed receipt within 24 hours, please call to verify we have received your fax.



**Phone-In:** 248-674-5441 – for participants paying with Mastercard, Visa or Discover only (a convenience fee will be charged. See below for more details)



#### Online Registration at www.waterfordmi.gov/parksandrec

Call the office at 248-674-5441 for a user name and password. A \$2.50 convenience fee is charged to all online transacations.

\*\*HELP US BE GREEN AND SAVE ON POSTAGE!\*\* By providing an email address, we are able to email your receipt.

#### **REFUND POLICY**

- Refunds must be requested before the second class less a \$5 service fee.
- If a class is cancelled you will receive a full refund.
- All classes must have the minimum registered or the class will not be offered. Full refunds will be processed.
- Youth League Sports Refunds must be requested PRIOR to the registration deadline and you will receive the program fee less 10%. Refunds requested AFTER the registration deadline will receive the program fee less \$10. This refund policy will be strictly adhered. Participants are responsible for changing their own personal schedules that may conflict with the recreation class or session. If you paid with cash or check a refund check will be mailed within 3-4 weeks. If you paid by credit card/debit card you will receive a refund as described above minus the original

The Waterford Parks and Recreation Department will comply with the spirit and intent of the American with Disabilities Act. We will provide and make reasonable accommodations to assist people with disabilities to access and participate in our recreation programs, facilities and services. Inquiries or complaints should be directed to 248-674-5441.

convenience fee charged. Checks returned NSF will be subject to a \$10 administrative charge.

The Waterford Parks and Recreation Department will comply with the spirit and intent of the American with Disabilities Act. We will provide and make reasonable accommodations to assist people with disabilities to access and participate in our recreation programs, facilities and services. Inquiries or complaints should be directed to 248-674-5441.

Change in Credit Card Policy Waterford Parks and Recreation will charge a convenience fee for all credit card and debit card payments. Credit/debit cards will be charged 2.5% of the total purchase with a convenience fee minimum of \$3.95. Mastercard, Visa

and Discover are the only cards accepted.







### A Special Thanks to Our Donors

\$1000 or more

Canterbury-on-the-Lake Friends of the Drayton **Plains Nature Center Genisys Credit Union** McLaren Oakland **Penske Corporation** Waterford Golden Age Club \$500 to \$999 Smith's Disposal & Recycling \$250 to \$499 Leo's Coney Island

\$100 to \$249

Margaret Birch, Township Treasurer Breen's LandScape & Supply Center Forte Academy of Dance Meijer, M-59 in Waterford **Big Wheels Participants** Adler's Towing **Dumpster Express** 

Edward R. White Construction Media Network of Waterford Michigan Helicopters

United States Postal Office Van Horn Concrete Waterford DPW Waterford Fire Dept Waterford Hess-Hathaway Waterford Police Dept **Waterford School District Transportation** Waterford Senior Center Waterford Towing 2016 Chevrolet Detroit Belle Isle Grand Prix

## WATERFORD PARKS AND RECREATION WINTER-SPRING 2016 REGISTRATION FORM

Visit us online and register for programs at: www.waterfordmi.gov/parksandrec \*\*Non-residents add \$5 to program fee











Online

Phone-In

Mail-In

Fax-In

Walk-Ir

## PLEASE COMPLETE ALL INFORMATION ON THE FORM. THIS FORM IS NOT ACCEPTABLE FOR LEAGUE SPORT REGISTRATIONS!

Waterford Parks & Recreation – Payment Information

5200 Civic Center Drive, Waterford, MI 48329 • (248) 674-5441 • Fax: (248) 618-7674

PARENT/GUARDIAN OR PAYEE: (PLEASE PRINT) Non-Residents add \$5 to fee

PAYEE LAST NAME	P.	AYEE FIRST NAME			
ADDRESS	CITY		ZIP		
PHONE (HOME)	PHONE (CELL)		EMAIL ADDRESS		
VISA /MASTERCARD/DISCOVER # (if paying	ng by credit/debit card a convenience fee will be char	ged) EXP. DATE	CVV	2 CODE	
	<b>CLASS PARTICIPAN</b>	T INFORMATIO	N:		
STUDENT #1:					
LAST NAME	FIRST	BIRTHDATE	GRADE	М	□ F
CLASS NAME	CLASS #	DAY & TIME	FFF (non-	res add \$5)	
OD ICO IWWIE	OB GO II	DAT & HIME			
STUDENT #2:					
LAST NAME	FIRST	BIRTHDATE	GRADE	М	□F
CLASS NAME	CLASS #	DAY & TIME	FEE (non-	res add \$5)	
next of kin, successors, and ass property damage, property thef event, the following entities or p cials, employees and volunteel	WAIVER AND RELEA of my registration in the program(s), I do signs to: (A) Waive, Release, and Dischar t, or actions of any kind which may her ersons: Waterford Township and Waterfor s, and representatives and agents, and n Department; and to the extent permitte	hereby, take action for my ge from any and all liability eafter accrue to me, inclu rd Parks and Recreation De d others working or actir	y for my death, disa ding as to my trave epartment, its electe ng in behalf of Wa	ability, perseling to an ed and appeterford Tov	sonal injury, d from this pointed offi- wnship and



dance at or participation in this program(s).

SIGNATURE OF PARENT/GUARDIAN OR REGISTERING STUDENT

Check us out on Facebook www.facebook.com/WaterfordParksandRecreationDepartment

DATE

mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of or relating to my atten-

### Parent/Child

#### MUSICWISE NEW

Instructor: Busy Bodies

Fun, engaging and educational music classes for children and caregivers. Diverse songs, singing phrases with repetition yet variety, using instruments and puppets fosters the love of music in an exciting and creative way.

#### Ages 1 1/2-4

110011-01	W	1/20-3/9	11:00A-11:45A
110011-02	W	3/23-5/11	11:00A-11:45A
<b>Busy Bodies</b>		8wks	\$85

#### **BOOGIE BABIES**

Instructor: Busy Bodies

This class is a combination of movement, songs and finger plays that encourages bonding with your infant.

#### Infant

110167-01	Sa	1/23-3/12	9:30A-10:00A
110167-02	Sa	3/26-5/14	9:30A-10:00A
Busy Bodies		8 wks	\$75

#### **PAINT & PLAY**

Instructor: Busy Bodies

The perfect combination of gross motor play combined with an art class that focuses on creativity and fine motor coordination.

#### Ages 2-4

Tu	1/19-3/8	11:00A-12:15P
Tu	3/22-5/10	11:00A-12:15P
Fr	1/22-3/11	10:00A-11:15P
Fr	3/25-5/13	10:00A-11:15P
	8 wks	\$135
	Tu Fr	Tu 3/22-5/10 Fr 1/22-3/11 Fr 3/25-5/13

#### **PINT SIZED PICASSOS**

Instructor: Busy Bodies

This is a "preschool" art adventure utilizing different mediums to entice your child's inner artist. Dress for mess! Supply fee of \$5 paid directly to the instructor on the first day.

#### Ages 2-4

goo = .			
110164-01	Th	1/21-3/10	10:00A-10:45A
110164-02	Th	1/21-3/10	7:00P-7:45P
110164-03	Th	3/24-5/12	10:00A-10:45A
110164-04	Th	3/24-5/12	7:00P-7:45P
<b>Busy Bodies</b>		8 wks	\$80

#### **LITTLE LEARNERS**

Instructor: Busy Bodies

This class is a pre-preschool independent-learning program incorporating weekly themes, art exploration, music and gross motor activities. Children do not need to be potty-trained.

#### Ages 2 1/2-5

110515-01	M	1/18-3/7	10:00A-1:00P
210515-01	M	3/21-5/9	10:00A-1:00P
<b>Busy Bodies</b>		8 wks	\$200

#### TUMBLING TODDLERS

Instructor: Lisa Borkowski

This class is packed with hands-on activities for your busy toddler to develop motor skills, coordination & socialization. Children will warm-up, have "tumble" time, free play, movement to music, parachute play, bubbles and stamps. Weekly themes & parent participation add to the fun!

#### Ages 1-3

•			
110511-01	Sa	1/23-3/12	10:00A-10:45A
210511-01	Sa	3/26-5/14	10:00A-10:45A
Ages 2-4			
110511-02	Sa	1/23-3/12	11:00A-11:45A
210511-02	Sa	3/26-5/14	11:00A-11:45A
Ages 1-4			
110511-03	Tu	1/19-3/8	6:30P-7:15P
210511-03	Tu	3/22-5/10	6:30P-7:15P
110511-04	W	1/20-3/9	10:00A-10:45A
210511-04	W	3/23-5/11	10:00A-10:45A
110511-05	W	1/20-3/9	6:30P-7:15P
210511-05	W	3/23-5/11	6:30P-7:15P
Busy Bodies		8 wks	\$85
•			

### Youth Dance & Fitness

#### KID FIT NEW

Instructor: Busy Bodies

Kid Fit is an exercise experience encouraging a healthy lifestyle in a social, supportive way. Participants should dress comfortably and bring a water bottle.

#### Ages 7-10

Ayes 1-10			
110029-01	F	1/22-3/11	6:00P-6:45P
110029-03	F	3/25-5/13	6:00P-6:45P
Ages 11-14			
110029-02	F	1/22-3/11	7:00P-7:45P
110029-04	F	3/25-5/13	7:00P-7:45P
Busy Bodies		8 wks	\$80

**BALLET** Instructor: Forte Academy of Dance Learn basic ballet movements and technique. An end-of-session showcase will take place on the last day of class. Registration deadline is January 22nd.

#### Ages 3-6

110021-01	Sa	1/30-3/19	10:00A-10:30A	
Ages 7-11				
110021-02	Sa	1/30-3/19	11:15A-12:00P	
Recreation C				
\$75/\$40 for 2nd class in household				

**JAZZ** Instructor: Forte Academy of Dance Learn basic jazz movements and technique. An end-of-session showcase will take place on the last day of class. Registration deadline is January 22nd.

#### Ages 7-11

900			
110022-01	Sa	1/30-3/19	12:00P-12:45P
Recreation Co	enter	8 wks	
\$75/\$40 for 2	nd cl	ass in household	

**TAP** Instructor: Forte Academy of Dance Learn basic tap steps and technique. An end-of-session showcase will take place on the last day of class. Registration deadline is January 22nd.

#### Ages 3-6

110023-01 Sa 1/30-3/19 9:30A-10:00A

Ages 7-11

110023-02 Sa 1/30-3/19 10:30A-11:15A

Recreation Center 8wks

\$75 /\$40 for 2nd class in household

#### **MOTHER DAUGHTER HIP HOP**

Instructor: Busy Bodies

This an unique dance experience incorporating "bonding" time while learning dance moves to today's current hits.

#### 6 & older

110423-01 Tu 1/19-3/8 7:15P-8:00P 210422-01 Tu 3/22-5/10 7:15P-8:00P Busy Bodies 8 wks \$90/couple

### **TWINKLE TOES** Instructor: Busy Bodies Here is your child's first independent dance experience

Here is your child's first independent dance experience incorporating movement to music in a creative way.

#### Ages 2 1/2-5

110024-01	M	1/18-3/7	1:15P-2:00P
110024-03	M	3/21-5/9	1:15P-2:00P
110024-02	Tu	1/19-3/8	6:30P-7:15P
110024-04	Tu	3/22-5/10	6:30P-7:15P
<b>Busy Bodies</b>		8 wks	\$80

#### **TUMBLING & GYMNASTICS**

Instructor: Busy Bodies

An independent class designed to enhance coordination and motor skills in a fun safe non-competitive manner.

4.40D E.0ED

1/10 0/7

### Ages 4-6

110312-01	IVI	1/10-3/1	4.407-3.237
210512-01	Μ	3/21-5/9	4:40P-5:25P
Ages 7-9			
110512-02	Μ	1/18-3/7	5:30P-6:15P
210512-02	Μ	3/21-5/9	5:30P-6:15P
Busy Bodies		8 wks	\$90

#### **ADVANCED TUMBLING & GYMNASTICS**

Instructor: Busy Bodies

This program is designed for the gymnast who has mastered somersaults, handstands, cartwheels and backbends. Placement is based on instructor approval.

#### Ages 5-10

110512-03	M	1/18-3/7	6:15P-7:00P
210512-03	M	3/21-5/9	6:15P-7:00P
Busy Bodies		8 wks	\$90

## Non-residents add \$5

#### **MARTIAL ARTS**

Instructor: Lakes Area Martial Arts

Mixed martial arts of Tang Soo Do (Karate) and Judo (Grappling). Learn how to defend yourself on your feet and on the ground with confidence. Designed to provide practical Martial Arts training and effective self defense techniques. With two Masters and four Black belts you will be given one on one personal attention. Half price to each additional family member. \$43 for uniform for the first time enrollees. If you have any questions please leave a message at 248-830-8125.

#### Ages 6 & older

110153-01	Tu & Th	1/5-1/28	7:00P-8:30P
110153-02	Tu & Th	2/2-2/25	7:00P-8:30P
110153-03	Tu & Th	3/1-3/24	7:00P-8:30P
110153-04	Tu & Th	4/5-4/28	7:00P-8:30P
110153-05	Tu & Th	5/3-5/26	7:00P-8:30P
Recreation C	enter 1	month	\$55

#### FEROCITY FITNESS FOR KIDS

Instructor: Amanda Dennis

Designed for all skill levels. The kids will be taken through a series of different movements unlike anything they have done before including tire flips and sled pulls plus a lot more. Develop strength, confidence, and have the tools to continue their fitness journey.

110154-01 W 2/24-3/23 4:45P-5:30P Ferocity Crossfit 5 wks \$99

### Youth Sports Classes

We now offer online registration for our league sports!! Call the office at 248-674-5441 for a username and password.

#### **SPRING SOCCER**

Soccer league for boys ages 4-14 and girls ages 4-16. Practices will be scheduled by coach at various schools in Waterford. U12 – U14/U16 age groups may play games in surrounding communities with games on weekends or weeknights.

#### **REGISTRATION: January 11– March 3**

LATE REGISTRATION: March 4-10, \$10 fee is added WHEN: Sundays, April 17 – June 12

(not 5/8 or 5/29)

LOCATION: Civic Center Soccer Fields COST: \$45 U6, U8 & U10

\$50 U12, U14 & U16

\$15 for jersey shirt Born on or Between

Age Division Born on or Between

\*Under 6 (Coed only) August 1, 2009-July 31, 2011

Under 8 August 1, 2007-July 31, 2009

Under 10 August 1, 2005-July 31, 2007

Under 12 August 1, 2003-July 31, 2005

Under 14 August 1, 2001-July 31, 2003

Under 16 (Girls only) August 1, 1999-July 31, 2001

\*Under 6 Coed Division will be played at 11 AM every Sunday. It is suggested that one session of Super Saturday be played before registering your child up for

the U6 Division.

#### **BUDDY SOCCER**

Buddy Soccer is a new program that we are offering for kids with special needs! Each child will be paired with a buddy that they will play with each week. Volunteer coaches will be needed! Coach & Buddy meeting will take place before season starts. For questions regarding player and buddies please contact Sara at 248-674-5441.

Ages: 7-13 year old boys and girls with special needs.

Buddy ages are 7-17.

REGISTRATION:January 11- March 3LATE REGISTRATION:March 4-10, \$10 fee is addedWHEN:Saturdays, April 16 - May 21TIME:11:00AM - 12:30PM

Practice & Game

LOCATION: Civic Center Soccer Fields — Green Field

COST: \$50/player, \$10/buddy -

program fee includes a team t-shirt

#### **LITTLE KICKERS**

Instructor: Mike & Matt Eberle

This class is designed for children who are not quite ready for league play. Skill development is enhanced with fun, creative games and activities.

Ages 3-5

 130574-01
 W
 2/3-3/23
 7:00P-7:45P

 230574-01
 W
 4/13-6/1
 7:00P-7:45P

 Recreation Center Gym
 8 wks
 \$67

#### SUPER SATURDAY SOCCER

Instructor: Mike & Matt Eberle

Boys and girls ages 4-6 will learn skills, basic drills, and play small-sided zone games. This is a parent/child interactive program. Children must be 4 years old by April 16, 2016.

240502-01 Sa 4/16-5/21 9:30A-10:30A Civic Center Soccer Green Field 6 wks \$50

### GIRLS SPRING SOFTBALL WITH WATERFORD LITTLE LEAGUE

**3rd-8th Grade Recreational League:** Teams will be formed according to the child's previous coach or the school the child attends. If there isn't a school team, individuals will be placed onto a team based on the league's best interest. Volunteer coaches are needed.

New this year we will be partnering with Waterford Little League. Tryouts will be available for those interested in playing in Little League Districts towards the end of the season. Please note that if you are playing-up during the regular season you will have to try out with your age division according to your birthday.

REGISTRATION: January 11 – March 3

LATE REGISTRATION: March 4–11, \$10 fee is added
WHEN: Saturdays, April 23 – June 4

No games 5/28

GAME TIMES: Between 9:00AM-5:00PM LOCATION: Waterford Softball Fields

COST: \$55

#### SKYHAWK'S WEE TEE BALL

Registration is limited to the first 60 children per session! Must be registered one week prior to the start of program.

Children must be 3 years old when the program begins to participate. This coed program is an introduction to the sport of baseball played with a safety ball and foam bat. Everyone plays in the field, each child bats every inning and every hit is a home run! The first week will be used as an ice-breaker/skill session. Games begin the second week and all instruction is provided during league play. Cost includes t-shirt. Games are played on Saturdays between 9:00AM-12:00PM.

Ages 3-4

Session 1: June 4—July 9 Session 2: July 23 - August 20

Hess-Hathaway Park 5 wks \$65/session

#### **SUMMER BALL**

Acquiring an elementary knowledge of the game and learning skills of throwing, hitting, and catching. Boys & girls play in separate leagues. Volunteer coaches are needed. Boys ages as of April 30, 2016. Girls ages as of January 1, 2016. \*\*July 19-21 will be used as a make-up week to make-up two rained out nights should they occur. Practices will be scheduled by coach.

T-Ball Age 5 & 6

Intermediate Age 6 & 7 (½ t-ball, ½ coach pitch)

Coach Pitch Age 8 & 9

REGISTRATION: JANUARY 11 – APRIL 28

LATE REGISTRATION: APRIL 29-May 6,

a \$10 fee is added

WHEN: June 13 – July 18\*\* No games 7/4
GAME TIMES: between 5:45PM – 8:00PM
LOCATION: Waterford Schools & Parks

COST: \$50

#### **SKIPPERS FASTPITCH PROGRAM**

This program is for girls that have beginning to intermediate skill levels. Volunteer coaches are needed. Coaches will schedule practices.

REGISTRATION: January 11 – May 5

Late Registration: May 6 - 12, \$10 fee is added

Age as of January 1, 2016.

9-10 year olds: 1 week instructional clinic

(6:00P-7:30P) and

4 weeks of games in Waterford

11-12 year olds: 5 weeks of games in Waterford

13-14 year olds: 5 double header games

played on Fridays

NEW!

15-17 year olds: 5 double header games

played on Fridays

 Ages 9-10
 M & W
 6/13-7/18

 Ages 11-12
 M & W
 6/13-7/18

 Ages 13-14
 F
 6/17-7/22

 Ages 15-17
 NEW
 F
 6/17-7/22

\$50 per player No games on 7/1 & 7/4

#### SKYHAWK'S BASKETBALL

Skyhawk's Sports Academy will introduce your child to the exciting game of basketball with our ball in hands instruction. Teaching the fundamentals of ball handling, passing, shooting and in game strategies. We provide a safe, fun environment and stress the importance of sportsmanship as well as other valuable life lessons learned through sports. Skill development session first week and league play the following three weeks. Registration Deadline is one week prior to start date. \*Times vary depending on enrollment number.

#### PEE WEE BASKETBALL

#### Ages 3-4

140035-01 Sa	1/23-2/	20	1:15P-3:15P*
140035-02 Sa	2/27-3/	19	1:15P-3:15P*
Recreation Center	4 wks	\$55	No class 2/13

#### **K-2 BASKETBALL CLINIC**

#### Ages 5-6

130571-01 Sa

130571-03	W	3/2-3/23		6:30P-7:15P
Ages 6-7				
130571-02	W	1/27-2/1	7	6:30P-7:15P
130571-04	Sa	2/27-3/1	9	12:15P-1:00P
Recreation Ce	enter	4 wks	\$55	No class 2/13

1/23-2/20

12:15P-1:00P

#### **SPORTS STARZ**

Instructor: Busy Bodies

An independent beginning sports program that teaches the basic skills for soccer, baseball, basketball and kickball.

#### Ages 31/2-8

140501-01	M	1/18-3/7	7:15P-8:00P
140501-02	M	3/21-5/9	7:15P-8:00P
Busy Bodies		8 wks	\$80

#### INSTRUCTIONAL ARCHERY

Instructor: Ronald Hall

Learn the basics of archery, including safety, techniques, mental concentration and self improvement. Equipment is provided or bring your own (must be approved by instructors before use).

#### Ages 8 & older

110165-01	W	1/13-3/16	6:30	-8:00P
Oakland Cou	nty S	portsmen's Club	10 wks	\$89

#### **FOOTBALL SKILLS CAMP**

Instructor: Kevin Bellant, Varsity Coach, Bishop Foley H.S. This camp gets players ready for flag or tackle football, teaching sportsmanship and teamwork. Specific skills & drills are taught for these positions, quarterback, wide receiver, running back, line backer, defensive backs & lineman.

#### Ages 5-17

140132-01	Su	1/24-2/14	1:00P-3:00P
240132-01	Su	2/28-3/20	1:00P-3:00P
Recreation C	enter	Gym 4 wks	\$79/includes t-shirt

#### **CHEERLEADING**

Instructor: Julie Hauler, Certified USASF Coach

A fun class that will build confidence and self-esteem, while learning the basics of cheerleading. Motions, jumps, chants, cheers, and beginning level stunting skills will be taught. Last class will include a cheer routine performed to music and a small award ceremony.

#### Ages 4-6

110421-01	M	2/1 – 3//	6:004-6:454
110421-03	M	3/21 - 5/2	6:00P-6:45P
Ages 7-10			
110421-02	M	2/1 - 3/7	7:00P-7:45P
110421-04	M	3/21 - 5/2	7:00P-7:45P
Crary Campu	S	6 wks	\$55
No class on 4	1/4		

#### **VOLLEYBALL SKILLS & SCRIMMAGE**

Instructor: Coach Jo Schirtzinger (www.leisureunlimited.net)

#### 3rd-4th Grades

Learn the proper techniques for passing, serving and spiking. Players will learn the importance of footwork and court communication. Kids will scrimmage (one bounce allowed if needed) during class time to enhance their game comprehension.

140502-01 Sa 1/30-3/12 9:00A-10:00A Recreation Center Gym 6 wks \$70 No class 2/13 **5th Grade** 

Learn sound fundamentals for passing, serving, spiking and setting. Progressive drills help players improve their individual and team skills while increasing their game comprehension during in class scrimmages.

140503-01 Sa 1/30-3/12 10:00A-11:00A Recreation Center Gym 6 wks \$70 No class 2/13 **6th Grade** 

Want to make your high school team? Sharpen your individual and team skills competing in weekly blind draw games amongst the other players. Learn proper techniques in passing, serving, spiking, blocking and setting, along with rules, transition play, court communication and net play.

140504-01 Sa 1/30-3/12 11:00A-12:00P Recreation Center Gym 6 wks \$70 No class 2/13

#### **JUNIOR GOLF LESSONS**

Instructor — Brent Davies USGTF During this four week course students will learn the fundamentals of the golf swing, proper grip, posture and alignment. The long game, iron play, chipping, putting, basic rules of the game and proper etiquette will also be covered. Kids will have fun hitting balls while learning skills to play golf



that they can enjoy throughout their lives. All equipment is provided.

#### Ages 4-14

140021-01	Tu	3/1-3/22	6:00P-7:00P
240021-01	Tu	4/19-5/10	6:00P-7:00P
Recreation Ce	nter	4 wks	\$70

#### NFL YOUTH FLAG FOOTBALL -**EXPERIENCE THE DIFFERENCE**

Grades Pre K - 8th

Are you ready for some football? Join the largest youth flag football organization in the country. This is a 5 vs. 5, noncontact, recreational, co-ed format. This is an exceptional program for first time players who want to learn the fundamentals of football. This is also a wonderful opportunity for players who may want to continue to enhance their skills before taking the next leap into tackle football. Games are played at Oakland Yard Athletics on Saturday. Practices take place one hour prior to game time each week. Participates will receive a



NFL reversible jersey, flag belt and individual participation award. Games are officiated by MHSAA referees.

The season begins mid - April and runs through the end of June.

There are no try-outs! Everyone participates! Children are placed on teams according to their school and grade to ensure classmates are playing together.

Registration Deadline: March 1st, 2016 Entry Fee: \$124.50 + 3.5% processing fee

You must register on-line at: www.MichiganFlagFootball.com For more information call (248) 454-9700

### Youth Special Interest

#### PASSIONATE PROJECT ART CLASS NEW

Young students will create a project with the guidance of a local Waterford artist, Tammy Chouinard. They will explore different medium and studio inspirations to decide on a unique, individual project (such as a 16" x 16" canvas). Please visit thrivecommunitystudio.com for more details.

#### Ages 7-12

110031-01	Th	2/18	10:00A-12:00I	P
110031-02	Th	2/18	1:00P-3:00I	P
110031-03	F	2/19	10:00A-12:00I	Р
110031-04	F	2/19	1:00P-3:00I	Р
Thrive Comm	unity	Studio,	7633 Highland Road \$29	5

#### LITTLE CHEFS

Instructor: Busy Bodies

This beginning, independent-learning cooking course. Supply fee of \$10 to be paid directly to the instructor on the first day of class.

#### Ages 4-9

111579-01 Th	1/21-3/10	6:15P-7:00P
111579-02 Th	3/24-5/12	6:15P-7:00P
Recreation Center	8 wks	\$90



Create and eat. The cookie class will focus on a Valentine's theme, candy-making will celebrate St. Patrick's Day and cupcakes highlight the "Showers & Flowers" theme of the coming spring. No refunds. Registration deadline: Tuesdays prior to class, Feb 2, Mar 8. Apr 19.

COOKIE DECORALII	ıy				
110332-01 Sa	2/6	1:00P-2:30P			
Candy Making					
110332-02 Sa	3/12	1:00P-2:30P			
Cupcake Decorating					
110332-03 Sa	4/23	1:00P-2:30P			
Klever Kreations	\$17	Ages 5-12			

#### **LEGO® CHALLENGE: TRANSPORTATION** & AVIATION

Instructor: e<sup>2</sup> Young Engineers

This program integrates LEGO® with scientific and mathematical principles in a FUN and EXCITING way! Lessons includes building, playing with a custom, moving LEGO® model, such as a helicopter, a Jeep and other vehicles.

#### Grades 1-5

110026-01 Su	2/7-3/13	3:00P-4:15P
Recreation Center	6 wks	\$96

#### LEGO® CHALLENGE: LEGO IN MOTION

Instructor: e<sup>2</sup> Young Engineers

This program integrates LEGO® with scientific and mathematical principles in a FUN and EXCITING way! Lessons include building, enhancing and playing with a custom, moving LEGO® model, such as a conveyor belt, a launder machine, a crane and other models.

#### Grades 1-5

110028-01 Su 4	4/17-6/5	3:00P-4:15P
Recreation Center 6	6 wks	\$96
No class 5/8 & 5/29		

#### Nature Center Classes

#### **BEGINNER WILDLIFE RESCUE &** REHABILITATION

Instructor: Sara Klopman, Licensed Wildlife Rehabilitator Learn the basics of wildlife rescue and rehabilitation for Michigan wildlife, from birds to deer. Course will cover safety, first aid, setting bones, restraint, medications, feeding, and long-term care. No refunds.

#### Ages 10 & older

111335-01	Su	1/31 & 2/7	10:00A-12:00P
111335-02	Su	4/17 & 4/24	10:00A-12:00P
Nature Center	r	2 days \$30 reside	nts / \$35 non-residents

ROCKIN' REPTILES Instructor: Sara Klopman Learn the unique characteristics that separate the classes of animals collectively referred to as reptiles. Discover similarities and differences in the different reptiles while getting an up close look at live animals (turtles, snakes, and others!). Learn to identify the wildlife in our state! No refunds.

#### Grades K-5

111337-01	Su	2/21	10:00A-12:00P
Nature Center		1 day	\$15

#### **BIRDS OF PREY & "GROSS" ANATOMY!**

Instructor: Sara Klopman

Have you ever dissected an owl pellet? Here's your chance to reassemble the skeleton of the rodent or whatever the owl had for dinner — it's gross fun! Also, explore the fascinating world of birds of prey in the state of Michigan. No refunds.

#### Grades 1-5

111338-01 Su 3/6 10:00A-12:00P Nature Center 1 day \$20

**AMAZING AMPHIBIANS** Instructor: Sara Klopman Learn the unique characteristics that separate the classes of animals collectively referred to as amphibians. Discover similarities and differences in the different amphibians while getting an up close look at live animals (frogs, toads, salamanders, and others!). Learn to identify the wildlife in our state! No refunds.

#### Grades K-5

211338-01 Su 4/3 10:00A-12:00P Nature Center 1 day \$15

#### SPRINGTIME WATER CRITTERS

Instructor: Sara Klopman

Explore the ponds at the DPNC and get introduced to a world of freshwater invertebrates by studying the life in our local freshwater habitats. Students meet a variety of small creatures which depend on clean water for life and are the foundation of many food webs. No refunds.

#### Grades K-5

211339-01 Su 5/1 10:00A-12:00P Nature Center 1 day \$15

### **Waterford Parks & Recreation**

### Day Camps 2016

#### **Tentative Dates**

Challenger British Soccer Camps Ages 3-16

July 11-15

#### Little Farmer – Ages 3-5

Mornings: 9-11:30am

June 13-17 July 18-22 July 5-8 August 1-5

Farm Camp - Ages 6 -10

Day Camp: 9am – 4pm June 20-24 July 25-29

June 27-July 1 August 15-19

July 11-15

Farm & Adventure Camp – Ages 9-13

August 8-12

An overnight camp out on Thursday

Pre-School Nature Enthusiasts – Ages 3-5

9-11:30am • Aug 15-19

Nature Discovery – Ages 6-9

9-4pm • July 5-8

Nature Discovery – Ages 8-11

9-4pm • July 18-22

Survival Nature Camp – Ages 8-13

9-4pm • June 20-23; Aug 1-5

### Break Camps

#### SPRING BREAK CAMP

For boys and girls ages 6-11. Tentative activities: bowling, swimming, roller-skating, movie and more. Please check our web site for up to date information on destinations or in the February edition of the Recreation Review www.waterfordmi.gov/parksandrec. Child care is available at the Recreation Office. \$25 for morning or afternoon or \$37 for both morning and afternoon child care, 7:30 AM-5:30 PM. Deadline to register is Monday, March 28th, if space is available after March 28th an additional \$10 late fee will be charged. No refunds after Tuesday. March 29th.

230791-01	M	4/4		9:00A-4:00P
230791-02	Tu	4/5		9:00A-4:00P
230791-03	W	4/6		9:00A-4:00P
230791-04	Th	4/7		9:00A-4:00P
230791-05	F	4/8		9:00A-4:00P
Recreation 0	ffice	Drop-off	\$35/day	\$140 week

Non-residents add \$5

#### **BUSY BODIES BREAK CAMP**

Instructor: Busy Bodies

Themed activity camp days are available during Waterford School's Spring Break. Children should pack a snack and do not need to be potty-trained.

#### Ages 2 1/2-8

210020-01	Tu	3/29	Hippity- Hop
210020-02	W	3/30	Hangin' with my Peeps
210020-03	Th	3/31	Tulips and Daffodils
210020-04	Fr	4/1	Over the Rainbow
Busy Bodies,	140	O Scott La	ake Road
\$20 per day			

#### **CREATIVE TALENT BREAK CAMP**

This is a true Art Studio experience that will develop the young artist's skill and creative confidence. Students will follow their passion in deciding on three creative fine art projects: acrylic 16" x 16" canvas, mixed medium/collage and student choice. Each project will be of exhibition quality. Accomplishments will be displayed on Friday at 6:30pm or Saturday 4pm. Please visit thrivecommunitystudio.com for more details.

#### Ages 7-12

210025-01	M-F	4/4-4/8	9:00A-1	12:00P
210025-02	M-F	4/4-4/8	1:00P	-4:00P
Thrive Comm	unity !	Studio 7633	Highland Road	\$200

### Adult Fitness

#### KICKBOXING FOR WOMEN

Instructor: Busy Bodies

Try out a high intensity, calorie-burning workout which builds core strength and cardio endurance.

#### Ages 18 & older

111403-01	Th	1/28-3/17	9:00A-10:00A
211403-01	Th	3/24-5/12	9:00A-10:00A
<b>Busy Bodies</b>		8 wks	\$80

#### X-FUSION FOR WOMEN

Instructor: Busy Bodies

Various fitness strategies used for the ultimate fat-burning workout.

#### Ages 18 & older

Tu	1/12-3-1	6:30P-7:30P
Tu	3/8-4/26	6:30P-7:30P
Tu	5/3-6/21	6:30P-7:30P
	8 wks	\$80
	Tu Tu Tu	Tu 3/8-4/26 Tu 5/3-6/21

#### **ZUMBA**

Instructor: Busy Bodies

Ladies, enjoy the fun Latin movement craze while burning calories.

#### Ages 18 & older

111401-01	Tu	1/12-3/1	5:30P-6:30P
111401-02	W	1/13-3/2	9:30A-10:30A
111401-03	Tu	3/8-4/26	5:30P-6:30P
111401-04	W	3/9-4/27	9:30A-10:30A
211401-01	Tu	5/3-6/21	5:30P-6:30P
211401-02	W	5/4-6/22	9:30A-10:30A
<b>Busy Bodies</b>		8 wks	\$80

#### **FITNESS FUSION**

Instructor: Julie Shada Galvin

A variety of core, cardio and strength training. Add this class to your exercise routine. All levels of fitness are welcome. Bring mat and water.

111104-01 Sa	2/6-3/12	8:30A-9:15A
Recreation Center	6 wks	\$48

#### **PILATES**

Instructor: Julie Shada Galvin

Recreation Center 6 wks

Learn the basic fundamentals of Pilates, learn how to use breath, awareness of core muscles with movement. Begin with basic exercises showing modifications with growth toward progressive movement. Performed primarily on the floor. Bring a mat.

111103-01 W	2/3-3/16	6:15P-7:00P
111103-02 Th	2/4-3/17	10:15A-11:00A
211103-02 Th	4/7-5/19	10:15A-11:00A
Recreation Center	7 wks	\$56

**YOGA** Instructor: Janet Christian Enjoy the physical and mental benefits of a yoga practice in the de la Ferriere tradition. No experience necessary. 111501-01 M 1/25-3/7 11:00A-12:30P 111501-02 M 4/11-5/16 11:00A-12:30P

\$42

#### **KUNDALINI YOGA**

Instructor: Mary Pritchard

Taught by Yogi Bhajan Uses breath, movement, posture, and sound to benefit and balance the body, mind, and spirit. Bring a mat or beach towel and wear loose, comfortable clothing.

111507-01 M	2/1-3/21	7:00P-8:30P
Recreation Cent	er 8 wks	\$58

#### YOGA WITH EASE

Instructor: Steve Guth

Beginning HATHA YOGA flow for all abilities in normal health. Breathe deep & go with the flow. Yoga postures & exercises are connected providing moderate cardio-vascular stimulation, strengthening limbs and core. Activity alternates with recovery periods of deep breathing, developing endurance, strengthen lungs, managing stress. Ages 16 & older

J		
111502-01 M	1/25-2/29	6:00P-7:15P
111502-02 M	3/7-4/11	6:00P-7:15P
211502-01 M	4/18-5/23	6:00P-7:15P
Recreation Center	6 wks	\$54

#### **CHAIR YOGA**

Instructor: Steve Guth

Chair Yoga with two chairs. NO getting down on the floor, guaranteed! Mostly seated stretches and exercises, standing exercises with chairs to help develop strength and balance with confidence. Lots of gentle breathing practices and relaxation. Loosen up, move your spine, move your limbs. It feels good, stimulates circulation, eases pain and makes every day functional activities easier. Regular yoga practice has been shown to reduce the risk of falls and injuries.

111404-01 Th	1/28-5/26	4:00P-5:15P
Recreation Center	er 18 wks	\$90

#### **BALL YOGA**

Instructor: Steve Guth

Ball Yoga is bouncy fun. A Fit Ball or Physio Ball will be used as a prop, and there is lots of bouncy fun up-beat music. You will develop balance, strength and flexibility. You will perspire.

111405-01 Th	1/28-5/26	6:00P-7:15P
Recreation Center	18 wks	\$120

#### 50+ FITNESS

Come join this fun friendly group! Class will improve your balance, coordination and strength. Class is designed in two parts, sitting in chairs using small hand weights and bands, followed by a segment of movement to improve your cardio. Great music and great time! Instructor: Julie Shada Galvin

160210-01	Tu & Th	1/5-3/31	9:00A-10:00A
260800-01	Tu & Th	4/5-6/30	9:00A-10:00A
Recreation C	enter \$30		

No class 4/21 & 5/30 No class 4/23 & 5/20

No class 2/15

#### **CHAIR TAI CHI**

Instructor: Denise Murray

Chair Tai Chi is a gentle exercise program based on the principals of Tai Chi Chaun which are needed for day-to-day activities and relaxation. This class is for individuals who prefer seated exercise activities or lack confidence with their balance. Light weights (optional) may be used in this class for improved strength and over all fitness. This class is not recommended for individuals living with osteoporosis.

 160800-01
 M
 1/13-2/10
 11:00A-12:00P

 260800-01
 M
 3/23-4/20
 11:00A-12:00P

 260800-04
 M
 5/4-6/1
 11:00A-12:00P

 Recreation Center
 5 wks
 \$30
 drop in fee \$8

#### TAI CHI FOR ARTHRITIS - BEGINNER

Instructor: Denise Murray

Tai chi for Arthritis incorporates slow, gentle, and flowing coordinated body movements designed to improve mobility, breathing, and relaxation. This class is suitable for anyone who would like to improve his or her overall health and reduce pain and stiffness associated with arthritis.

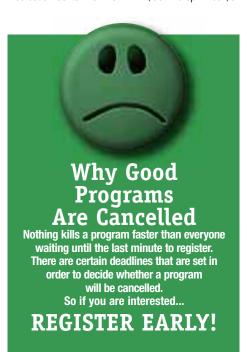
160800-02 W 1/13—2/10 12:30P-1:30P 260800-02 W 3/23-4/20 12:30P-1:30P 260800-05 W 5/4-6/1 12:30P-1:30P Recreation Center 5 wks \$30 drop In fee \$8

#### TAI CHI FOR ARTHRITIS - ADVANCED

Instructor: Denise Murray

Participant should have attended Tai Chi for Arthritis Beginner class or know Dr. Paul Lam - Tai Chi for Arthritis forms 1 through 12 in both directions.

160800-03 W 1/13-2/10 1:45P-2:45P 260800-03 W 3/23-4/20 1:45P-2:45P 260800-06 W 5/4-6/1 1:45P-2:45P Recreation Center 5 wks \$30 drop in fee \$8



### Adult Dance

#### **CLOGGING**

Instructors: Shane Gruber

Come join us for a fun recreational dance that requires no partner. We wear double taps on our shoes and we dance to a variety of music. Appalachian tap dancing in an updated style.

1/27 - 3/16

6:00P-7:00P

7:30P-8:15P

#### Beginner

111565-01 W

111565-03 W	3/30-5/16	6:00P-7:00P
Recreation Center	8 wks	\$48
Club		
111565-02 W	1/27 - 3/16	7:00P-9:00P
111565-04 W	3/30-5/16	7:00P-9:00P
Recreation Center	8 wks	\$48

#### **BALLROOM & LATIN DANCE**

Instructor: Cynthia Bass, STARZ Performing Arts Give that someone special something special - time together. Get ready for weddings, cruises or special occasions by learning four graceful and elegant ballroom dances: Fox Trot, Waltz, Rumba, and Swing. This class introduces basic steps, timing, and style of each dance as well as provides several eye-catching sequences.

### **Beginner** 111567-01 M

*Swing Into Spring Dance Included	
Recreation Center 8 wks	\$99 per person
Intermediate	
111567-02 M 2/1-3/21	8:15P-9:00P
*Swing Into Spring Dance Included	
Recreation Center 8 wks	\$99 per person

2/1-3/21

#### **SWING INTO SPRING DANCE**

Instructor: Cynthia Bass, STARZ Performing Arts Like to dance? Take a basic swing dance lesson then spend the rest of the evening on the open dance floor. Bring a date or come alone. No jeans or sneakers please. No dance experience necessary. Pre-registration is not required.

M 3/21 7:15P-8:45P Recreation Center 1 Day \$5 per person & bring a dish to pass

#### **LINE & COUPLES DANCE**

Instructor: Lynn Reiss

Thursday dance for all! Want an inexpensive night out? Feel the need for some exercise? Want to meet new friends? This program is for couples and singles – come ioin the fun!

Th 3/3-5/19 7:00P-10:00P Recreation Center \$6/person-Drop in fee

Non-residents add \$5

. . . . . .

### Adult Sports

#### **ADULT SOFTBALL**

Team registration only! Slow pitch leagues offered for Men, Women & Co-ed teams. WATERFORD PARKS & RECREATION WILL BE PROVIDING THE BALLS AT EACH GAME. Contact the Recreation Office for a Team Packet after January 11th or visit our website for more information, www.waterfordmi.gov/parksandrec

#### REGISTRATION:

Feb. 22: Fees taken from 2015 summer teams
Mar. 10: Deadline for returning 2015 summer teams
Mar. 11: Fees taken from 2015 fall teams
Mar. 24: Deadline for returning 2015 fall teams
Mar. 25: Fees taken from new teams
Apr. 6: Deadline for all registrations

WHEN: Season begins May 1 (tentatively) 10 wks. + playoffs COST: Double Headers: \$570

Single Games: \$390

Umpire fees not included in above fees

#### **GOLF LESSONS**

Instructor – Brent Davies USGTF Certified Golf Teaching Pro Learn how to play golf or improve on skills you already have. You will learn the fundamentals and physical biomechanics of the golf swing from proper grip to athletic posture and alignment. The long game; Driver, fairway woods & hybrids , iron play, chipping, putting, basic rules of the game, etiquette, and course management. This fun, educational, and low-pressure class will give you the confidence and knowledge to go out and play the great game of golf.

150110-01 W 3/2-3/30 8:00P-9:00P Recreation Center 5 wks \$80 Ages 15 & older

### Enrichment

#### **GLUTEN FREE BAKING NEW**

Instructor: Kevin Cunningham

Understanding the basics of gluten free scratch baking. Blending your own flours and ingredients to create a wide variety of tasty products. We will be making breads, cookies, pizza crust and much more. Our Dietitian will be scheduled for a class so you will have the opportunity to ask detailed questions.

Ages 12 & older

110065-01 Su 2/21-3/13 2:00P-4:00P The Bakery Waterford, 4698 Dixie Hwy 5 wks \$135

#### **ESSENTIAL OILS 101 NEW**

This Essential Oils 101 class to learn more about these age-old gifts from the earth and how they can provide safe and effective ways to support overall health. You will take home products to try. We know you will be amazed. 110064-01 Th 2/4 7:00-8:30PM Recreation Center 1 day \$15

#### DINNER WITH DESIRE NEW

Using the best-selling book The Desire Map by Author Danielle Laborite, Licensed Facilitator Tammy Chouinard will join the group over a beautifully-catered meal and get you started on this soul-centered approach to goal-setting. Dinner and drinks provided and the book will go home with each attendee. Visit thrivecommunitystudio.com for details. 110063-01 F 2/5 7:00P-9:30P Thrive Community Studio \$80 Ages 18+ (women)

#### 50+ CREATIVE ART NEW

Instructor: Tammy Chouinard

Participants will be guided through several basic projects using various mediums such as charcoal and pastels. The emphasis is on building confidence through creative art. All materials will be provided.

260181-01 W 2/3-2/24 1:00P-2:30P Recreation Center 4 wks \$32

**BOATERS SAFETY** Instructor: Chuck Comstock Open to persons ages 12 and up. This course is designed to teach you how to be a safe and responsible boater. Covers boat maintenance, personal watercraft and boat operation, legal requirements of boating, personal preparedness & survival skills. To earn your Safety Certificate, students must attend 7 hours of instruction and pass a written state exam. Persons born after Dec 31, 1978 are required by law to have this Certification Card in their possession while operating a PWC on State of MI Waterways. Pre-reoistration is required.

210040-01 M & W 5/9 & 5/11 5:30P-9:00P Recreation Center 2 days \$18

#### **ORV SAFETY**

Instructor: Chuck Comstock

Open to persons of all ages 10 and up, but is required for students ages 12-16 years of age who wish to operate an ORV (ATV, motorcycle or related 2-wheel, 3-wheel or 4-wheel vehicle). Instructs on safety and laws. To earn your certificate, students must attend 7 hrs of instruction and pass a written state exam. Students ages 8-10 must be accompanied by an adult. Pre-registration is required. 210041-01 Tu & Th 3/22 & 3/24 5:30P-9:00P Recreation Center 2 days \$18

#### **HYPNOSIS - STOP SMOKING & LOSE WEIGHT**

Instructor: David Rowe

Hypnosis is used to make behavioral changes to eliminate the stressors and triggers that cause you to use tobacco or overeat. Class is divided into specific sections for smokers and those wanting to lose weight. All participants are required to purchase a hypnosis CD for \$10 to use for reinforcement at home. www.hypnotistdavidrowe.com

110221-01 W 2/3 6:30P-8:30P
Recreation Center \$40 + Materials No refunds

FARM ANIMAL CARE Instructor: Farmer Deby Learn about animal care at our Hess-Hathaway Farm. 211591-01 Su 4/17 11:00A-1:00P Hess-Hathaway Park \$24 Ages 18 & older





Gymnastics (Ages 1-18)
Tumbling (Ages 5-18)
Dance (Ages 2.5-16)
Karate (Ages 3-18)
Piano (Ages 5-Adult)
Preschool
Competitive Cheerleading
Competitive Gymnastics
Warrior Training
Birthday Parties
Summer Camps

Schedule available at www.StarsandStripesKids.com 4630 White Lake Rd. Clarkston, MI 48346 248-625-3547



Forte Academy of Dance



- Offering Ballet, Tap, Jazz, Cecchetti, Pointe, Hip-hop, Lyrical, Toddler/Parent classes, and more!
- \*Recreational and competitive programs
- Classes available for everyone, from toddlers to adults
- State-of-the-art dance floors, comfortable waiting area, and spacious student lounge with classroom monitor for parent observation
- \*Experienced, knowledgeable instructors

1500 Scott Lake Rd. Ste. B
Waterford, MI 48328
(248) 683-2623 / contact@fortedance.com
Please visit us on the web for more information;
www.ForteDance.com



### Special Events

#### **RED WINGS vs. AVALANCHE**

No need to worry about parking or traffic. Sit back and enjoy the motor coach ride as we travel to Joe Louis Arena to watch the Detroit Red Wings take on the Colorado Avalanche. Seats are located in section 225B and 226A. Deadline to register is January 11th. Motor coach departs from the Recreation Center. Tickets are non- refundable.

120571-01 F 2/12 5:30P

\$77 per person, non-residents add \$5

#### VALENTINE'S DADDY DAUGHTER DANCE

Join us for a great Valentine Day tradition! Bring your special date to the event of the season and dance to the sounds of DJ Marky Mark. Each couple will take a professional 4 x 6 photograph home with them! Refreshments are included. Pre-registration is required and tickets are non-refundable. Register early to secure a spot, this event sells out! For inclement weather call 248-618-7671.

120541-01 Sa 2/13 2:00P-4:00P 120541-02 Sa 2/13 6:00P-8:00P Recreation Center \$12/person: non-res \$14/person

Deadline to register is 2/8

#### ST. PATRICK'S MOTHER SON DANCE

Join us for an evening of fun & dancing with DJ Marky Mark. Each couple will take a professional 4 x 6 photograph home with them! Refreshments are included. Preregistration is required and tickets are non-refundable. Register early to secure a spot, this event sells out! For inclement weather call 248-618-7671.

120542-01 F 3/11 6:00PM-8:00PM Recreation Center \$12/person: non-res \$14/person Deadline to register is 3/7

#### MARSHMALLOW DROP

Come to Waterford's Marshmallow Drop and enjoy a fun family event that celebrates the coming of spring with a massive drop of soft, white marshmallows dropping from the sky and a visit from the Easter Bunny. Children will gather a marshmallow for a prize bag, "make and take a craft" located in the DPW Building, and receive a free photo with the Bunny compliments of the Dixie Highway Waterford Walgreen's. Look for detailed information on our web site at www.waterfordmi.gov/parksandrec. For inclement weather call 248-618-7671.

Sa 4/2 11:00AM Ages 11 & younger Civic Center Soccer Fields \$5 per family

#### **EARTH DAY CLEANUP & CRAFTS**

Instructor: Sara Klopman

Everyone is welcome to celebrate our planet this Earth Day! A donation of clean glass jars, clean rags, craft supplies, or other useful items gets you in the door. We will take a walk around the grounds to pick up litter then make a recycled craft and plant some seeds. Children ages 10 and under must be accompanied by an adult. Please contact Parks & Recreation to let us know you're attending, so we have a count for our craft project 248-674-5441.

211334-01 Fr 4/22 6:00P-8:00P Nature Center **FRFF** 

#### SHEEP SHEARING & PANCAKE **BREAKFAST**

Come down to the farm Hess-Hathaway Park to see our sheep getting sheared (10am) and enjoy a hot



pancake off the griddle with an special addition of chocolate chips or fruit! Breakfast served in the Community Room. Take this early opportunity to visit the historic farm house and feed the animals. All donations and proceeds to benefit Hess-Hathaway Park.

4/30 9:00A-11:00A Breakfast: \$3 children 10 & younger, \$5 11 & older

#### PRINCESS PARTY



Dress up in your favorite princess gown and join us for a Royal Celebration. Special visitors Cinderella and Belle, will lead us in Royal festivities including: dinner with our guests of honor, games and a craft. Children must be accom-

panied by an adult. No refunds. 130552-01 F 1/29 6:00P-7:30P 130552-02 F 4/8 6:00P-7:30P Recreation Center \$9/person Ages 2-5

#### SUPER HERO PARTY

Dress up as your favorite superhero! Help us fight crime Superhero style. Join us for dinner, games and a craft. Children must be accompanied by an adult. No refunds. 130553-01 F 2/26 6:00P-7:30P Recreation Center \$9/person Ages 2-5

**Non-residents** add \$5

# 50+ RECREATION ACTIVITIES • Winter-Spring 2016 •

For more information contact the 50+ Program Office at 248-674-4881. A bi-monthly Newsletter of detailed program information is available to you when you join the Golden Age Club. The cost for Waterford residents is \$19, non residents pay \$24. Memberships are active from January 1 through December 31. Membership affords you a \$5 discount on all 50+ programs.

**ACTIVITES** 

Crochet & Knit	Mon	9am	\$1 drop in	Rec Ctr
Mahjongg	Mon	12:30pm	\$1 drop in	Rec Ctr
Poetry Club	Mon 2nd & 4th	1:00pm	\$1 drop in	Rec Ctr
Table Tennis	Mon/Wed	10:00am	Punch card	Rec Ctr
Pickle Ball	Mon/Wed	12:30pm	Punch card	Rec Ctr
Shuffleboard	Mon/Thu	10am	Punch card	Rec Ctr
Walking	Mon-Fri	8:00am	\$1 / wk	Rec Ctr
Walking	Mon-Fri	3:00pm	\$1 / wk	Rec Ctr
Euchre	Tue	9:30am	\$2 drop in	Rec Ctr
Busy Bees	Tue	10:00am	n/c	Rec Ctr
Pinochle	Tue	12:30m	\$2 drop in	Rec Ctr
Pickle Ball	Tue	7:00pm	\$3 drop in	Rec Ctr
Pilates	Tue & Thu	10:15am	See Brochure pg	Rec Ctr
50+ Fitness	Tue/Thu	9:00am	\$35	Rec Ctr

10:00am

12:30pm

10:00am

12:30pm

12:30pm

9:30am

10:00am

8:30am

Punch cards are \$25 for 15 program visits

#### DAY TRIPS AND SPECIAL EVENTS

Tue/Thu

Tue/Thu

Wed

Wed

Thu

Fri

Fri

Fri

Bounce V-ball

Open Bridge

Volleyball

Bunco

Euchre

Pickleball

Mahjongg Line Dancing

Greektown Casino	Jan 6
Spaghetti Dinner	Jan 8
Winter Luncheon	Jan 13
Detroit Auto Show	Jan 19
Detroit Symphony	Jan 22
Rouge Factory Tour	Jan 26
Macomb Center	
"Benny Goodman Tribute"	Jan 31
Spaghetti Dinner	Feb 5
Valentine Luncheon	Feb 10
Celtic Nights/Whiting Auditorium	Feb 21
Detroit Symphony	Feb 26
Spaghetti Dinner	March 4
Detroit Symphony	Mar 11
St. Patrick's Lunch	Mar 16
Spaghetti Dinner	Apr 1
Volunteer Recognition Lunch	Apr 21

Detroit Symphony	Apr 22
Spaghetti Dinner	May 6
Card Party	May 18
Sound of Music	May 14
Detroit Symphony	May 20

Punch card

Punch card

\$5 drop in

\$1 drop in

\$2 drop in

\$1 drop in

\$4 drop in

Punch Card

Rec Ctr

Rec Ctr

Rec Ctr

Rec Ctr

Rec Ctr

Rec Ctr

Rec Crt

Rec Ctr

#### **EXTENDED TRAVEL**

Florida	Jan 21- Feb 3
California Coast	Feb 18-25
Southern Italy & Sicily	Apr 21-May 2
Historic Cities of the East	May 15-20
Mackinac Island Lilac Time	June 2016
Great Canadian West	Aug 14-20
Mackinac Bridge Walk	Sept 4-5
Coast of Maine	Sept 2016
New York City	Fall 2016
Imperial Cities	2017







### LOOKING FOR SUMMER 2016 SPONSORS!



For information please contact Waterford Chamber of Commerce 248-666-8600 www.waterfordchamber.org or Waterford Parks and Recreation 248-674-5441 www.waterfordmi.gov/parksandrec

### Parks & Recreation Rental Facilities

For additional information check out our website at www.waterfordmi.gov/parksandrec
To reserve a facility call 248-674-5441.

The rental fee and damage deposit must be paid in full in order to secure your date.

All facilities are non-smoking and do not allow alcohol unless otherwise stated.

All damage deposits are refundable. Non-residents pay an additional \$28 unless otherwise stated.

**HESS-HATHAWAY PARK** – 825 S. Williams Lake Road, between Elizabeth Lake Road & Cooley Lake Road. Park hours April 16-October 14, 10:00am-8:00pm, October 15-April 15, 10:00am-4:00pm (closed Wednesdays & Thursdays)

Hilltop Pavilion I
 Pavilion II
 Seats up to 160
 Pavilion II
 Gazebo
 Seats up to 75
 Seats up to 75
 \$125 + \$50 damage deposit
 \$65 for 2 hours, \$25 each add'l hour

+ \$50 damage deposit, \$10 Non-resident fee

Community Building
 Seats up to 120
 \$345 for 6 hours, \$50 each add'l hour
 + \$200 damage deposit without alcohol

+ \$350 damage deposit with alcohol, insurance policy required

• Birthday Party Packages Seats up to 32 \$90, 10:30am-1:30pm or 2:00pm-5:00pm

\$10 Non-resident fee

Included Gazebo, Animal Tour and Hayride

THE WARMING HOUSE - 5050 Civic Center Drive, Civic Center Campus located near the 51st District Court.

Rental hours are 7:00am-11:00pm, seats 40.

Monday-Thursday Friday-Sunday

\$65 for 5 hours + \$150 damage deposit \$100 for 5 hours + \$150 damage deposit

\$22 each add'l hour \$22 each add'l hour

**RECREATION CENTER (CAI BUILDING)** – 5640 Williams Lake Road, between Airport Road and Dixie Hwy. Rental hours are Monday-Saturday, 8:00am-9:00pm or Midnight on Saturday rentals for larger groups.

• Dining Room Seats up to 200 \$575 for 6 hours, \$50 each add'l hour

+\$300 damage deposit without alcohol +\$600 damage deposit with alcohol

• Meeting Room Seats up to 30 \$30/hour, minimum of 2 hours

+\$50 damage deposit, \$10 Non-resident fee

Gym \$60/hour, minimum of 2 hours, \$10 Non-resident fee

**THE DRAYTON PLAINS NATURE CENTER** – 2125 Denby Drive, in the Drayton Woods subdivision off Hatchery Road. Rentals are available Monday-Sunday, 8:00am-9:00pm. Meeting room is located upstairs with no elevator.

• Meeting Room Seats up to 30 \$30/hour, minimum of 2 hours, \$10 Non-resident fee

+\$50 damage deposit

• Rustic Pavilion Seats up to 50 \$75, 8:00am-2:00pm or 3:00pm-9:00pm

\$125, 8:00am-9:00pm +\$50 damage deposit

**THE FISH HATCHERY PARK** – 4490 Hatchery Road, between Frembes Road and Dixie Hwy.

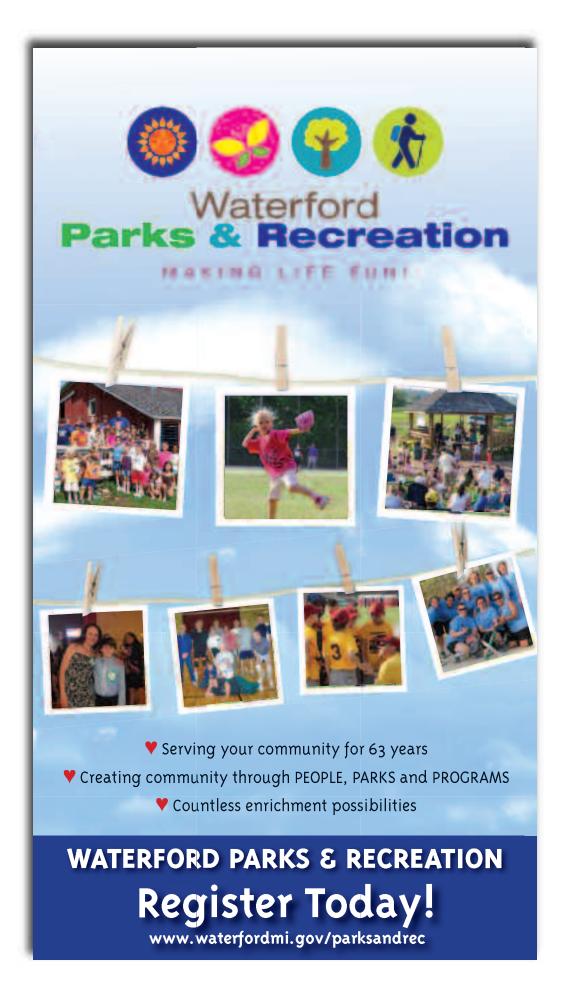
• Large Pavilion Seats up to 80 \$75, 8:00am-2:00pm or 3:00pm-9:00pm

\$125, 8:00am-9:00pm +\$50 damage deposit

• Small Pavilion Seats up to 30 \$50, 8:00am-9:00pm

+\$50 damage deposit





Waterford Township Board of Education Kurzman Administration Services Crary Campus 501 N. Cass Lake Road Waterford, MI 48328

PRSRT STD U.S. POSTAGE PAID WATERFORD, MI PERMIT NO. 2

ECRWSS RESIDENTIAL CUSTOMER



## Waterford School District

## Bond Election 2016 wsdmi.org/bond16





Zip, zilch, nada...the
Waterford School District Bond
Election is a \$100 million, no tax
rate increase proposal. If voters
approve the bond proposal
request, there will be no
increase in the current tax rate.

The bond will address the critical need to improve our aging facilities and will make a positive impact on every school building in the District. Projects include capital improvements such as roofs, boilers, heating & cooling systems, parking lot improvements, energy improvements, remodeling in buildings, technology, new buses, and musical instruments. Visit www.wsdmi.org/bond16 for a list of projects.